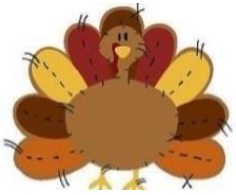


Thanksgiving Holiday Schedule

Wednesday, Nov. 26, 2025

Pool open regular hours; open swim 1-7pm
All Group Fitness & Rails classes run as scheduled
Child Watch will be open
Y closes at 10:00pm



Thanksgiving Day – Thursday, Nov. 27

The YMCA is open 7:00-11:00am

**Aquatics Center is open
7:00-10:30am for Lap Swimming Only
Child Watch will be Closed**

Group Fitness Classes Offered Thursday, Nov. 27, 2025

- *7:10-8:10am - Body Combat with Amy (Studio 1)
- *7:30-8:00am - SPRINT with Estelle (Cycling Studio)
- *8:15-8:45am - GRIT with Shannon (Studio 1)
- *9:00-10:00am - Functional Fitness with Lesleann (Rails - North of YMCA)
- *9:15-10:00am - 45 min "LesMills Body Pump HEAVY" with Estelle (Studio 1) NEW... TRY IT!!!!
- *9:15-9:45am - SPRINT with Amy (Cycling Studio)
- *9:30-10:15am - Pilates with Sue (Med Studio)

Thursday, Nov. 27

TRX BOOTCAMP

8:15-9:00am

**Member: Free
Non-Member: \$5
(TRX Studio)**

Instructor: Amy

DRUMS ALIVE!!!

Thursday, Nov. 27

8:15-9:00am

**Instructor: Estelle (Studio 2)
COME TRY IT & BRING A FRIEND!!!**

Friday, Nov. 28, 2025

Pool open regular hours; open swim 1-7pm
All Group Fitness classes run as scheduled
Regular Rails Schedule except no 5:30am class
Child Watch will be open
Y closes at 9:00pm

