



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOUTHINGTON COMMUNITY YMCA THANKSGIVING SCHEDULE: 11/26/2021 - 11/28/2021

### “FIT AFTER THE FEAST” CLASSES

#### FRIDAY 11/26

9:15-9:45AM HIIT (29)  
9:50-10:15AM Core (29)  
10:30—11:15AM Chair Yoga (29)

#### SATURDAY 11/27

7:30-8:30AM Indoor Cycling (GYM)  
9-9:45AM Tai Chi (29)  
9:15-10AM All Levels Yoga (130)  
10:15-11:15AM Restorative Yoga w/Bolsters \*\*Requires registration & fee

### GYMNASIUM SCHEDULE

#### FRIDAY

5-12:30PM Basketball  
12:45-3:15PM Pickleball  
3:30-8:45PM Basketball

#### SATURDAY

3-5PM Basketball

#### SUNDAY

7-5PM Basketball

### FACILITY HOURS

#### 29 HIGH ST

Friday 11/26 5am-9PM  
Saturday & Sunday 11/27 & 11/28 7AM-5PM

#### SPIRIT, MIND, BODY CENTER

Closed Friday-Sunday 11/26-11/28. Open for classes only.

