



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA

MODIFIED THANKSGIVING SCHEDULE 11/24-11/27/22

THURSDAY 11/24

Y CLOSED

FRIDAY 11/25

7:30-8:15AM	Indoor Cycling– Light Holiday Recovery Ride(29)
8-9:15AM	Restorative Yoga with Bolsters *sign up and fee required(130)
9-9:30AM	HIIT (29)
9:35-10AM	Core (29)
10:30-11:15AM	Gentle Yoga (130)

SATURDAY 11/26

7:30-8:15AM	Indoor Cycling– Intense Jump Start Ride (29)
8-9AM	Vin & Yin Yoga (130)
9-9:45AM	Tai Chi (29)

SUNDAY 11/27

7:30-8:15AM	Indoor Cycling– Kick Off The Week Moderate Ride (29)
10:30-11:30am	Yahweh Yoga *sign up and fee required (130)