



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOUTHINGTON COMMUNITY YMCA

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

#### WEDNESDAY 11/22

5:15-6AM	Yoga Sculpt (130)
5:15-6:15AM	HIIT (29)
8-8:45AM	All Levels Yoga (130)
8-9AM	Enhance® Fitness+ (29)
9-10AM	Gentle Yoga (130)
9:15-10AM	Indoor Cycling (GYM)
9:15-10:15am	Cardio Kick & Core (29)
9:30-10AM	Ladies Who Lift* (SMBC)
9:30-10:30AM	Strength Training** (WR)
10:15-11:15am	Living Yoga** (130)
10:30-11:15AM	IgniteYourTransformation**HW
10:30-11:15AM	Zumba Gold® (29)
11:30-12:30PM	BabyBoomer Bootcamp (130)
11:45-12:30PM	SilverSneakers® (29)
4:15-5PM	Youth Strength Training** (HW)
5-5:45PM	Cardio/Strength (29)
7-7:45 PM	All Levels Yoga (130)

#### FRIDAY 11/24

8-9AM	Feast Mode (29)
9:15-10:15AM	Turkey Burn (29)

#### SATURDAY 11/25

7:30-8:15AM	Indoor Cycling (29)
8-9AM	Power Yoga (130)
9-9:45AM	Tai Chi (29)
9:15-10:15AM	All Levels Yoga (130)
10-10:45AM	Zumba® (29)

#### THURSDAY 11/23

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