THANKSGIVING GROUP EX SCHEDULE

YMCA OF PISCATAWAY COMMUNITY CENTER

WEDNESDAY NOV. 25TH

9:00-9:50 AM
Strength & Tone w/ JaNay

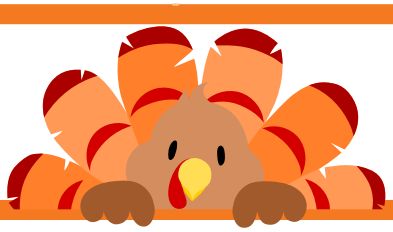
5:00-5:55 PM
HIIT w/ Neil

6:00-6:55 PM
Zumba w/ Lisa

7:00-7:55 PM
Yoga w/ Alaina

THURSDAY NOV. 26TH

FACILITY CLOSED



FRIDAY NOV. 27TH

9:30-10:20 AM
Total Body w/ Candy

10:30-11:20 AM
Zumba w/ Candy

SATURDAY NOV. 28TH

8:00-8:50 AM
Yogalates w/ Candice

9:00-9:55AM
Zumba w/ Candice



SUNDAY NOV. 29TH

8:00-8:50 AM
HIIT w/ Neil

9:00-9:55AM
Yoga w/ Cheryl

10:00-10:55AM
Barre w/ Cheryl