

# HAMILTON FAMILY YMCA

## Modified Group Exercise Schedule

### Thanksgiving Week Nov. 20-24

DATE	LAND CLASSES	WATER AEROBICS
Monday, Nov. 20	All classes normal.	All classes normal.
Tuesday, Nov. 21	All classes normal.	All classes normal.
Wednesday, Nov. 22	5:05 a.m. Total Body Platinum 9 a.m. Zumba 9 a.m. Circuit 10:15 a.m. Barre 5:30 p.m. Zumba 6 p.m. Spin 6:30 p.m. Bootcamp	5:15-6:00 a.m. Hydro Fit (Deep)  9-10 a.m. Water Fit (Shallow)
ALL SENIOR CLASSES FOLLOW NORMAL SCHEDULE.		
Thursday, Nov. 23 Thanksgiving Day	6:30-7:30 a.m. Thankspinning Ride (Cycle)  7:30-8:30 a.m. Thankspinning Ride (Cycle)  8- 9 a.m. Turkey Fat 'Burn' (Bootcamp Class)  8:45-9:45 a.m. Wobble Before You Gobble (Zumba Class)  8:45-9:30 a.m. The Gobble Hobble (Guided Treadmill Workout)	NO WATER AEROBICS
Friday, Nov. 24	9 a.m. Zumba 10:15 a.m. Body Pump	5:15-6:00 a.m. Hydro Fit (Deep)
NO SENIOR CLASSES.		
Saturday, Nov. 25	NORMAL CLASS SCHEDULES RESUME	



[ymcachattanooga.org](http://ymcachattanooga.org)

Our Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.