



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHINGTON COMMUNITY YMCA

MODIFIED THANKSGIVING SCHEDULE 11/26-11/29/25

WEDNESDAY 11/26

5:15-6AM	Yoga Sculpt (130)
5:15-6:15AM	HIIT (29)
9:15-10AM	Indoor Cycling (GYM)
9:15-10:15am	Cardio Kick & Core (29)
9:30-10:30AM	Strength Training** (WR)
11:45-12:30PM	SilverSneakers® (29)
5-5:45PM	Cardio/Strength (29)
7-8PM	All Levels Yoga (130)

THURSDAY 11/27

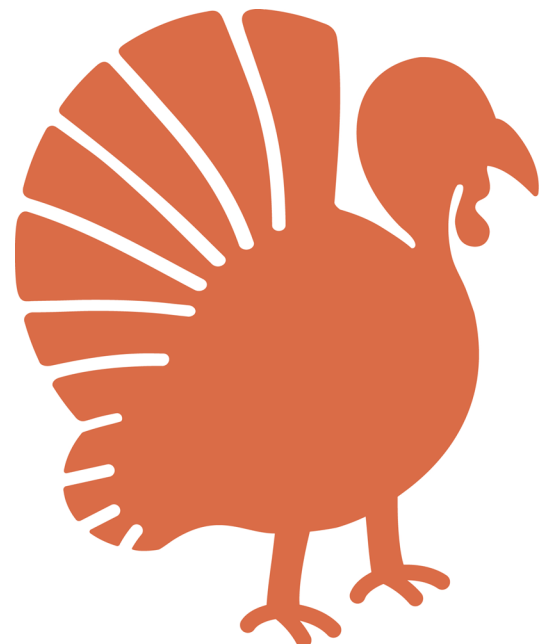
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FRIDAY 11/28

5:15-6AM	HIIT (29)
6-6:15AM	Core (29)
9:15-10:15AM	Turkey Burn (GYM)
10:30-11:15AM	Chair Yoga (GYM)

SATURDAY 11/29

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



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