

FREEHOLD FAMILY YMCA

TURKEY DAY EVENTS



THANKSGIVING | Nov. 28

Open 5-11 A.M. • Cobb & Dittmar Pools Open

- » **8:30 A.M. Turkey Burn Total Body • Bryanna (studio 2)**
- » **9:30 A.M. Zumba • Connie**

BURN IT OFF FRIDAY | Nov. 29

- » **7 A.M. Resist • Abby**
- » **9 A.M. Trim the Fat Circuit • Felicia (gym)**
- » **10:30 A.M. Senior Fitness • Felicia (gym)**



» ymcanj.org



1024-7586-FHY

YMCA OF GREATER MONMOUTH COUNTY