

RED BANK FAMILY YMCA

TURKEY DAY EVENTS

THANKSGIVING | Nov. 28

Open 5-11 A.M.

- » 7 A.M. Pilates • Lauren
- » 8:30 A.M. Pump • Lori
- » 9 A.M. Aqua Tabata • Jessica McGrail
- » 9:35 A.M. Cycle • Lori



BURN IT OFF FRIDAY | Nov. 29

- » 9 A.M. Aqua Fit • Alison B
- » 10 A.M. Senior Fit • Jess MacDonald
Arthritis • Mary
- » 90 MIN. TURKEY BURN:
 - › 9-9:30 A.M. Cycle • Jessica McGrail
 - › 9:30-10 A.M. HIIT • Jessica McGrail
 - › 10-10:30 A.M. Strength & Stretch • Jessica McGrail



» ymcanj.org



1024-7586-FHY

YMCA OF GREATER MONMOUTH COUNTY