



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

TURKEY BURNER

Friday, November 25th; 8:15 – 12:00 pm

Cumberland Cape Atlantic YMCA

Burn off some food from Thanksgiving!

Join us for a fun morning of fitness and exercise.

SCHEDULE

8:15-9:00 am
 Spin
 With Bert
 Rotary Room

9:15-10:00 am
 Zumba
 With Megan
 Riggins Room

9:15-10:00 am
 Spin To The Oldies
 With Christine
 Rotary Room

10:15-11:00 am
 Strong Nation
 With Savannah
 Davis Room

10:15-11:00 am
 Family Youth Sports Pickleball Ages 6-18
 With Tessa & Christine
 Milam Family Multipurpose Center
 * Parents must stay with children ages 6-8

10:15-11:00 am
 FUNctional Friday
 With Rebecca
 Riggins Room

11:15-12:00 pm
 DrumFIT
 With Valerie
 Riggins Room

Register Today!

Facility Members: FREE

Program Members: \$8.00

Community Members: \$10.00

