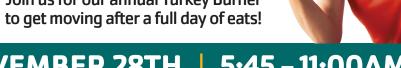


Cumberland Cape Atlantic YMCA

FUN AFTER THE FEAST!

Join us for our annual Turkey Burner



FRIDAY, NOVEMBER 28TH | 5:45 – 11:00AM

SCHEDULE



5:45-6:45am **Spin with Bert** (Rotary Room)



9:00-10:00am **Spin with Bert** (Rotary Room)



9:15-10:00am **Cardio Drumming** with Kathy (Riggins Room)



10:15-11:00am **Functional Friday** with Rebecca (Riggins Room)



10:15-11:00am **Yoga with Tracy** (Davis Room)





FREE for Members \$15.00 fee for Non-Members and Guests

Non-members must present valid ID to enter the facility when attending.

Due to the holiday, our Y runs modified hours on Thanksgiving day, meaning no Group Exercise classes will be held. The facility will be open from 7:00am - 12:00pm, with the Kontes pool open 7:30am-11:30am. Our Turkey Burner is a special event held annually the day after Thanksgiving to get moving after the feast in lieu of our regular classes.

SEE MEMBER SERVICES FOR DETAILS.