



2025 TURKEY BURNER

Cumberland Cape Atlantic YMCA

FUN AFTER THE FEAST!

Join us for our annual Turkey Burner
to get moving after a full day of eats!

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.

Cumberland Cape Atlantic YMCA

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