

# HOLIDAY HANGOVER

## THE DAY AFTER THANKSGIVING

Feeling full or overwhelmed from the holidays? Come join us for a morning of fun! Bring your family, invite your house guests! There are classes for adults and the whole family.

Location: Gym, Fitness Studio, Multi-Purpose Room, Club Cycle

Price: Free for members

All Regularly Scheduled Friday Classes are cancelled

| Place                    | 9:00 - 9:50                           | 10:00 - 10:50                       | 11:00 - 11:50                               |
|--------------------------|---------------------------------------|-------------------------------------|---|
| <b>Gym</b>               | Low Impact Aerobics<br><i>(Karen)</i> | Zumba<br><i>(Kitty)</i>             | Family Recess<br><i>(Kerry &amp; Kerri)</i> |
| <b>Multipurpose Room</b> | Family Zumba<br><i>(Laurie)</i>       | Nia<br><i>(Irene)</i>               | Silver Sneakers<br><i>(Dave)</i>            |
| <b>Fitness Studio</b>    | Step<br><i>(Rustan)</i>               | Boot Camp<br><i>(Michael)</i>       | Yoga<br><i>(Anne)</i>                       |
| <b>Club Cycle</b>        | Pedal Madness<br><i>(Bill)</i>        | More Pedal Madness<br><i>(Bill)</i> | Even More Pedal Madness<br><i>(Bill)</i>    |

For more information, call 425-746-9900 or visit [bellevueymca.org](http://bellevueymca.org).

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle is a charitable, nonprofit organization serving King and south Snohomish Counties since 1876