

Turkey Burn Schedule – Friday 11/29

Oak Park:

5:45am Strength for All w/ Alison

10am EnhanceFitness w/
Rebecca/Jeri

Parkwood:

9:00am Yoga w/ Janet

10:15am 4-Quarters w/ Laura

12:15pm Pilates w/ Bill

Westside:

5:40am Cycle w/ Joy

6:00am Movin' and Groovin' w/
Angela

8:15am Core & Restore w/ Monica

8:30am EnhanceFitness w/ Chris

10am Silver Sneakers w/ Bill

Online:

View a special Turkey Burn recorded workout that you can do in the comfort of your home or on the road! Available for viewing Friday 11/29!

<https://www.lansingymca.org/virtual-y-login>

