

Turkey Burn Schedule

11 / 28 - 11 / 30

Oak Park:

Friday 11/28:

5:45am Strength for All w/ Alison

Saturday 11/29:

9:00am Strength for All w/ Alison

9:00am Tai Chi w/ Dan

**NO Sunday Barre or Aqua Zumba*

Parkwood:

Friday 11/28:

8:00am Pilates w/ Kristine

10:00am Cycle & Strength w/ Tara

10:15am 4-Quarters w/ Laura

12:15pm Pilates w/ Bill

Saturday 11/29:

9:00am Stretch w/ Bill

Westside:

Friday 11/28:

8:15am Core & Restore w/ Monica

8:30am EnhanceFitness w/ Chris

9:05am Strength Basics w/ Monica

10am Silver Sneakers w/ Bill

Saturday 11/29:

7:00am Strength & Flexibility w/ Ken

9:00am Yogalates w/ Lis

10:00am Suspension Training w/ Georgeann

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 11/28!

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

