

Holiday Showcase

Sunday, Nov. 26 * 11 AM- 4 PM

25+ Local Gift Vendors
Food Trucks • Raffles • Tours
Membership Specials • Demos



Superhero Thanksgiving Adventure

Special class with Miss Holly for kiddos ages 3-7 (M \$15 • NM \$ 20)



Extended Babysitting hours: 9 AM - 3 PM

(available with preregistration)

Fitness Class Demos Schedule

Unless otherwise noted- please register for these classes at the Fitness Center Desk

- 8:00 - 9:00 AM BODYFLOW® (w/Lien - Studio 2)
- 9:15 - 10:15 AM BODYCOMBAT® (w/Teddy - Studio 2)
- 10:15 - 11:15 AM BODYPUMP® (w/Kelly - Studio 1)
- 10:30 - 11:15 AM RPM (w/Dave - Studio 3)
- 12:00 - 12:45 PM BODYPUMP® (w Meg/Claudia - Studio 1)
- 1:00 - 1:45 PM GRIT® (w/Jamie, Jen, Meghan - Studio 2) *Register at the front desk.*
- 1:45 - 2:45 PM Family Yoga (w/Stacy & Gabi - Studio 2)
- 12:00 - 1:00 PM Operation PT (w/Heather - Studio 3) *Register at the front desk.*

For more information, email Heidi Storey at: hstorey@yorkjcc.org