

Auburn YMCA - WEIU

Thanksgiving Week Group Exercise Changes

Monday 11/22

Dance Fit 4:30pm Canceled
All other Classes are available as scheduled.

Wednesday 11/24

Yoga Sculpt 4:30 pm canceled
(off schedule until further notice)
All other Classes are available as scheduled.

Thursday November 25 - Thanksgiving Day

Facility Open 6:00 -11:00am

The following classes will be available Thanksgiving Day

Group Cycle 8:30 am - Please sign up ahead of class, spots are limited

Aqua Glow HIIT 7:15-8:15am - Please sign up ahead of class, spots are limited



Friday 11/26

Cycle & Flow 5:15am Canceled
Steps & Style 4:30pm Canceled
All other Classes are available as scheduled.

Saturday 11/27

Yoga 8:30am canceled (off schedule until further notice.)
All other Classes are available as scheduled.

