

TURKEY TIME!



It's a sweaty Thanksgiving Day tradition. We have two options for you to energize your holiday morning.

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Special class times at the Wausau Branch
THURSDAY, NOVEMBER 22:



Turkey Jam Aerobics

Date: Thursday, Nov. 22, 2018

Time & Place: 8 am to 9:15 am in the South Studio (Doors open at 7:45 am)

Try moves from Barre, P90X, Pump and Jump & Zumba led by our motivating Y instructors in our annual Turkey Jam!

**Ages 12
and up!**

This is not a Wausau Schools sponsored activity and the opinions expressed are not necessarily those of the district or its personnel.

PLUS-- Thankful Cycle Burn

Date: Thursday, Nov. 22, 2018

Time & Place: 8 am to 8:45 am in the North Studio

Cost: FREE, with 1 non-perishable food item. Non-members welcome!
Call 715-845-2177 for more information.