



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING HOURS

OPEN 7:00 AM – 3:00 PM



FRIDAY: 5:30 AM – 11 PM

SATURDAY: 6 AM – 8 PM

SUNDAY: 7AM – 8 PM



GROUP FITNESS

See the backside for Group Fitness Schedule & additional free activities

**No Fee-based Classes or Aqua Aerobics from
Thursday, Nov 23 – Sunday Nov 26**

ADDITIONAL AQUATICS ACTIVITIES

FAMILY OPEN SWIM

- FRIDAY : 10 – 11 am, 11 – 12 pm, 2 – 3 pm, 3 – 4 pm
- SATURDAY : 10 – 11 am, 11 – 12 pm, 2 – 3 pm, 3 – 4 pm
- SUNDAY : 10 – 11 am, 11 – 12 pm, 2 – 3 pm, 3 – 4 pm

ADDITIONAL YOUTH AND FAMILY ACTIVITIES

- FRIDAY: TODDLER TIME 10 – 12 pm & TEEN GYM 3:30 – 7:30 pm
- SATURDAY: TODDLER TIME 10 – 12 pm & TEEN GYM 12:30 pm – 3:30 pm
- SUNDAY: TODDLER TIME 10 – 12 pm & TEEN GYM 12:30 – 3:30 pm



CHILDWATCH: No Childwatch Thanksgiving Day

DODGE YMCA
225 ATLANTIC AVE.
BROOKLYN, NY 11201



DodgeYMCA



@DodgeYMCA

JOIN US FOR THE FOLLOWING CLASSES

Thursday, November 23 – Sunday, November 26

THANKSGIVING AM		HOURS OF OPERATION 7am – 3 pm	
7:30 – 9:00am	SPIN – 90 MIN. LONG RIDE	Bob	Spin Studio
7:30 – 9:00am	HATHA YOGA – PRACTICE A HEART OF GRATITUDE	Dominique	Studio B
7:30 – 8:15am	BODY PUMP EXPRESS – PRE CALORIE BURN	Hannah	Studio A
8:25 – 9:55am	GRIT CARDIO – EARN YOUR DESSERT	Hannah	Studio A

Friday AM		HOURS OF OPERATION: 5:30 am – 11pm	
6:30– 7:30am	Spin	Sharri	Spin Studio
7:45 – 8:45am	FREE TRX Class	Sharri	Studio C
8:00 – 9:00am	FREE BOXING Class	Oliver	Studio C
9:30– 10:00am	GRIT Cardio™	Oliver	Studio A
10:05– 10:35am	CXWorx™	Oliver	Studio A
10:45 – 11:30am	FREE Nutrition 101 Class *Drinks Provided	Oliver	Conf. Room
11:00 – 11:45am	Spin@	Sharri	Spin Studio
11:00 – 11:50am	Pilates Mat	Sophia	Studio A
12:00 – 1:00pm	BodyPump™	Sophia	Studio A

Friday PM			
12:15 – 1:15pm	Gentle Yoga	Dominique	Studio B
1:15 – 2:15pm	ZUMBA	Sophia	Studio A
1:15 – 2:15pm	Vinyasa Yoga	Dominique	Studio B
4:00 – 5:30pm	Vinyasa Yoga	Naomi	Studio B
6:00 – 6:45pm	BodyPump Express™	Tyrice	Studio A
7:00 – 8:00pm	ZUMBA	Sophia	Studio A

Saturday AM		HOURS OF OPERATION 6am – 8pm	
8:00 – 9:00am	BodyPump™	Tyrice	GYM
9:00 – 10:00am	Spin@	Bob	Spin Studio
9:50 – 10:50am	Tai Chi	Phil	Studio A
10:15 – 11:15am	Spin@	Catherine	Spin Studio
10:30 – 12:00pm	Vinyasa Yoga – Intermediate	Dominique	Studio B
11:00 – 12:00pm	Cardio Kickboxing	Tyrice	Studio A
12:00 – 1:00pm	Gentle Yoga	Dominique	Studio B

Saturday PM			
12:30 – 1:30pm	ZUMBA	Alma	Studio A
1:00 – 2:00pm	Vinyasa Yoga	Dominique	Studio B
3:00 – 4:30pm	Led Ashtanga Yoga	Naomi	Studio B

Sunday AM		HOURS OF OPERATION 7am – 8pm	
8:30 – 9:30am	Trampoline Fitness	Jennifer	Studio A
9:00 – 9:45am	Spin@	Aynsley	Spin Studio
10:00 – 11:00am	Spin@	Aynsley	Spin Studio
10:00 – 11:00am	Pilates Mat	Sophia	Studio B
11:00 – 12:00pm	Pre-Natal Yoga	Dominique	Studio B
12:00 – 1:00pm	Hatha Yoga	Dominique	Studio B

Sunday PM			
12:45 – 1:30pm	Kettlebells	Alma	Studio A
1:00 – 2:30pm	Hatha Yoga	Dominique	Studio B
1:30 – 2:30pm	ZUMBA	Alma	Studio A
2:40 – 3:40pm	ZUMBA	Sophia	Studio A
3:45 – 4:45pm	Pilates Mat	Sophia	Studio A