

Saturday November 28th | First Class @ 8:15AM

THE BURN AFTER THE BIRD PLACE

Move together. Sweat together. Give thanks together.

The turkey's been carved, the pie's been devoured, and the Thanksgiving feast is officially complete! Now it's time to put down the leftovers, get moving, and STOP THE GOBBLING! Join the Sonoma County Family Y for our annual **GOBBLESTOPPERS** event as we shake off the Thanksgiving feast and turn holiday indulgence into healthy fun!

Main Entrée (Group Ex Studio)

8:15-8:35 | BODYPUMP | Angela
8:45-9:05 | Y's Way to Fitness | Tom
9:15-9:35 | Step | Leon
9:45-10:05 | Barre | Mia
10:10-10:30 | Mat Muscle | Rose
10:35-10:55 | Zumba Gold | Deborah
11:00-11:20 | WARRIOR Rhythm | Sasha
11:25-11:45 | Groove Dance Jam | Elizabeth
11:50-12:10 | Gentle Yoga | Laura

Sides (Activity Center)

8:45-9:05 | Cycle | Melanie
9:10-9:30 | Cycle | Rose
10:00-10:20 | Cycle | Sky
10:25-10:45 | Cycle | Art

Extra Gravy (Fit Yard)

10:30-10:50 | HIIT Happens | Amber
11:30-11:50 | HIIT Happens | Amber

Dessert (Pool)

9:00-9:30 | H2O Blast! | Sky
9:30-10:00 | Aqua Combat | Lorie
10:00-10:30 | Aqua Zumba | Elizabeth
10:30-11:00 | Aqua Aerobics | Bertie