

ANNOUNCEMENTS

THANKSGIVING DAY OBSERVATION

The Y will be closed on Thursday, Nov. 24 to observe the Thanksgiving Day holiday. Please enjoy this time with your family and friends and stay safe. God Bless!

CHILD WATCH SUSPENDED

The Y's Child Watch services have been suspended temporarily due to staff shortages. We continue to aggressively recruit staff for the service, and the hope is to reinstate it soon.

HELP NEEDED FOR TURKEY TROT

Volunteers are needed for the 31st annual Turkey Trot this week. We are looking for minimum of 2-hour shifts from noon-6 p.m., Monday-Wednesday, Nov. 21-23, to distribute race packets in our gym. We also still need help on race day, Thursday, Nov. 24 (Thanksgiving Day) to help distribute race packets and other operational duties from 7 a.m. to approximately noon. Please email Ron Wahl at r.wahl@gbgymca.org if interested.

FITNESS FACILITY HOURS

Mon-Thurs.: 5:30 am-8 pm
 Friday: 5:30 am-7:30 pm
 Saturday: 7:30 am-2 pm
 Sunday: 8 am-2 pm

OPEN SWIM (ALL MEMBERS)

Wednesday: 9 am-10 am
 Saturday: 10 am-11 am
 Sunday: **CLOSED**

EVENTS & MORE

PICKLEBALL OFFERED DAYS AND EVENINGS!!!

Pick-up pickleball is offered in the evenings and during days. The evening sessions are Thursdays, from 6-8 p.m. Daytime opportunities are Mondays from 9 to 11 a.m. and Wednesdays from 1 to 3 p.m. All games are in the Y gymnasium. Cost is free for members/\$5 non-members.

NOVEMBER MEMBERSHIP PROMO

The Y is running a membership promo from Nov. 14-30 in which new members can convert their join fee toward any programs offered by the Y. This is a great opportunity to become a member of our community and take advantage of some of the great programming we offer. Invite a friend to join, too!

AQUATICS NEWS

Aquatics is offering a Thanksgiving holiday promo for the Happy Hinges class on Friday, Nov. 25. Members can bring a friend to class that day for free.

+POOL (ADD-ON REQUIRED)

Monday: 5:30 am-11 am|3 pm-7:30pm
 Tuesday: 3 pm-7:30 pm
 Wednesday: 5:30 am-11 am |3 pm-7:30pm
 Thursday: **CLOSED**
 Friday: 5:30 am-11 am|3 pm-6 pm
 Saturday: 8 am-11 am
 Sunday: **CLOSED**

GROUP EX HAPPENINGS...

MONDAY, NOVEMBER 21

11 am - Happy Hinges (+Pool Only)
 11:30 am - Les Mills BODYFLOW

TUESDAY, NOVEMBER 22

11 am -~~Noon~~ - Silver and Fit-Canceled
 Noon-Yoga Class (Studio A)
 5:20 pm - Les Mills GRIT SERIES
 6 pm - Les Mills BODYPUMP

WEDNESDAY, NOVEMBER 23

9:30am - Les Mills BODYFLOW
 10 am - Aqua Ex (+Pool Only)
 5:00 pm - Les Mills GRIT SERIES
 5:40 pm - Les Mills BODYFLOW

THURSDAY, NOVEMBER 24

CLOSED THANKSGIVING

FRIDAY, NOVEMBER 25

9:15 am - Les Mills BODYPUMP
 11 am - Happy Hinges (FREE DAY)

SATURDAY, NOVEMBER 26

8 am - Les Mills BODYPUMP

SUNDAY, NOVEMBER 27

9:15 am - Les Mills GRIT
 9:55 am - Les Mills BODYFLOW
 10:50 am - Les Mills BODYPUMP Express