



GREENSBURG YMCA THIS MONTH AT THE Y NOVEMBER 24



GOOGLE REVIEW

Help us spread the word by leaving us a Google review. It only takes a minute and it helps us grow! Show the front desk your posted review and you'll be entered to win a YMCA T-shirt and a 3-day guest pass.

COFFEE AND CONVERSATION

November 12th 10:00-11:00 am. Join us for a Friendsgiving Pot Luck brunch and a chance to learn new table games. Main dish provided by the Y. Bring a snack, pastry or dessert to share.

LADIES NIGHT

Thursday, Nov 14th at 4:00 pm an exclusive night awaits ladies in downtown Greensburg. Start out at the Museum of American Art for free parking and to register. Take the shuttle to participating locations and enjoy shopping and indulgent treats. Visit the link below for more information.
<https://shopgreensburgpa.com/ladies-night>.



FAMILY FUN NIGHT

Friday, November 15th 5:00-7:00 pm. Bring your family to celebrate this Thanksgiving season. Enjoy the Bounce House, arts and crafts and treats and make "Thank You" cards for Military personnel. Warm pool will be open for swimming from 5:00-6:00 pm. Free for Members. Non-Members \$5.00 per person, maximum \$15.00 per family.

STAY IN THE KNOW

Sign up for text alerts by texting **TEXT@gbgyalerts** to **8101** and download our YMCA of Greensburg Mobile app below.



HAPPY THANKSGIVING

The Y will be closed on Thanksgiving Day, November 28th. Enjoy the Day.

NEW GROUP EXERCISE CLASSES

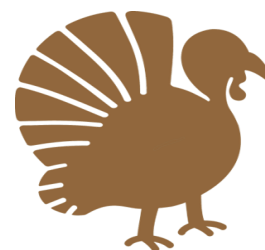
Check out the new additions to our Group Exercise programs. Starting on Friday, November 8th we will have Power HIIT Strength, combining strength exercises with cardio from 6:15am-6:45am and Sunrise Serenity combining mindful meditation /prayer with gentle restorative yoga poses from 6:50-7:30am. Group Ex classes are free for members and \$10 for non-members.

EXTENDED SATURDAY HOURS

The Y is now open from 7:30 am-5:00 pm on Saturdays. All other hours will remain the same.

MEMBER APPRECIATION

Thank you for being a part of our Y Community! Member Appreciation Day is Thursday, November 14th. Please stop by the Welcome Desk for your free snack.



FOR MORE INFORMATION ON OUR PROGRAMS OR EVENTS, PLEASE VISIT greensburgymca.org or call 724-834-0150

