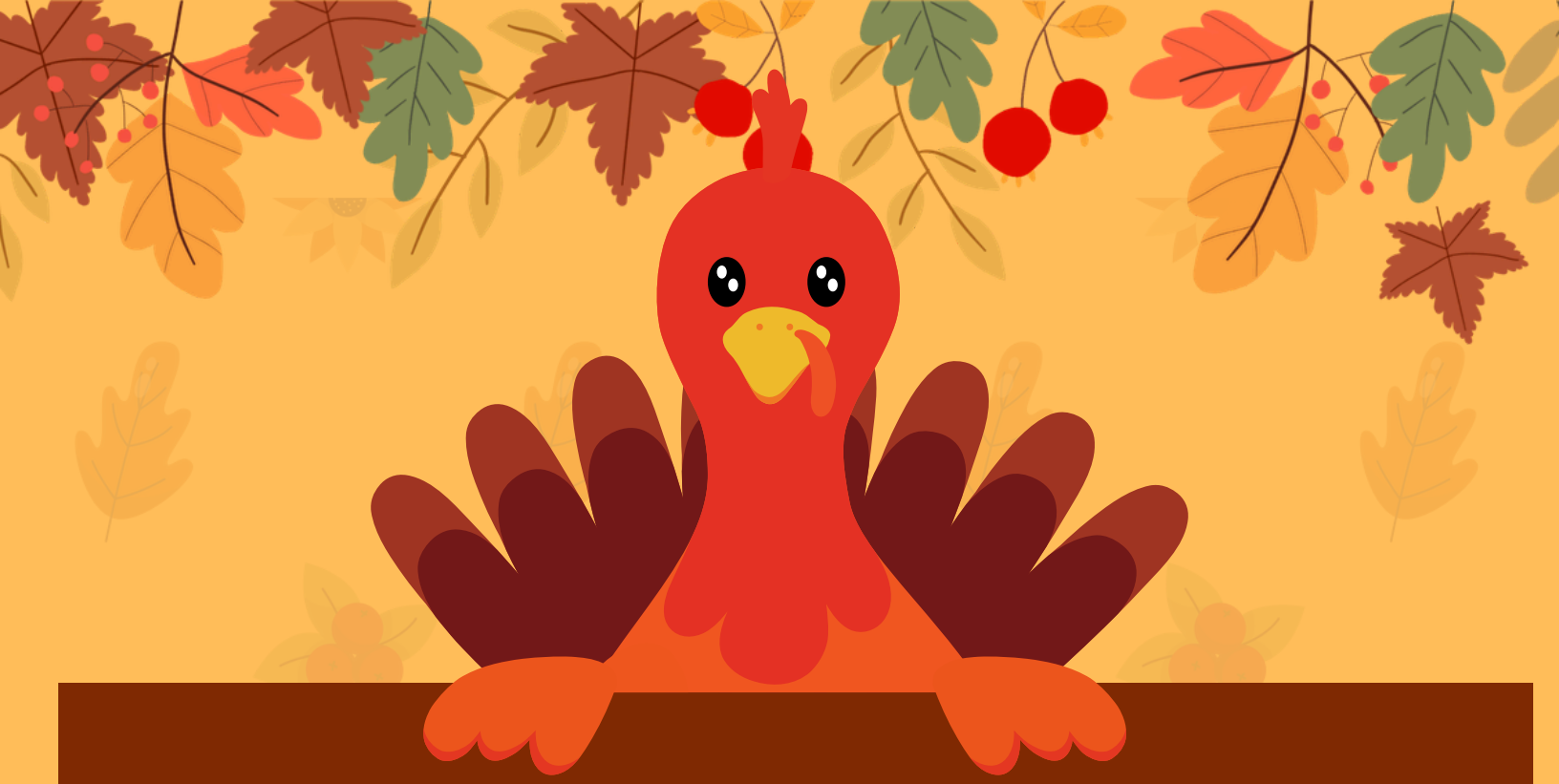

Join Us For Turkey Burn Off!

The day after Thanksgiving, Friday, November 27, 2026

All regularly scheduled classes are cancelled. Only the Turkey Burn Off classes will be offered the day after Thanksgiving.

Dunigan YMCA

The facility is open regular hours. Child Watch and Kids' Zone are open 8 am to 1 pm.

8:15 am Core (45)
8:15 am TRX (45)
9:15 am Body Jam (55)
9:15 am Body Attack (55)
9:30 am Yoga Flow (55)
10:30 am Body Pump (60)

Ascension St. Vincent YMCA

The facility is open regular hours. Child Watch and Kids' Zone are open 8 am to 1 pm.

7:30 am Boxing Fitness (60)*
8:30 am Shockwave (45)
8:30 am RPM (45)
9:30 am Body Pump Heavy (60)
9:30 am Hot Flow Yoga (60)
*Child care not available during this class time.

Kid Zone will have morning hours on Wednesday, November 25 and Friday, November 27. The Y will be closed Thanksgiving Day.