YMCA OF GREENWICH

THANKSGIVING HOURS



THURSDAY, NOVEMBER 26TH, 2026

Come kick off the holiday on a healthy note and spend the morning in fun, group exercise classes with your Y-family!

OPEN 7 AM – 12 PM*

* Aquatics facilities will close 30 minutes prior. Regular facility hours will resume on November 27th.

THANKSGIVING HOLIDAY GROUP EXERCISE SCHEDULE

TIME:	CLASS:	INSTRUCTOR(S):
7:10–7:55 a.m.	Dual Spin	Kati & Kate
8–9 a.m.	Bootcamp	LaMont
8:30–9:30 a.m.	Pilates Barre Mix	Linda P.
9–9:50 a.m.	Yoga	Kristin
9:30–10:30 a.m.	Dance Fusion	Matt
10–11 a.m.	Fit 4 Life	Francesca
11–11:50 a.m.	PD Boxing	Brian