



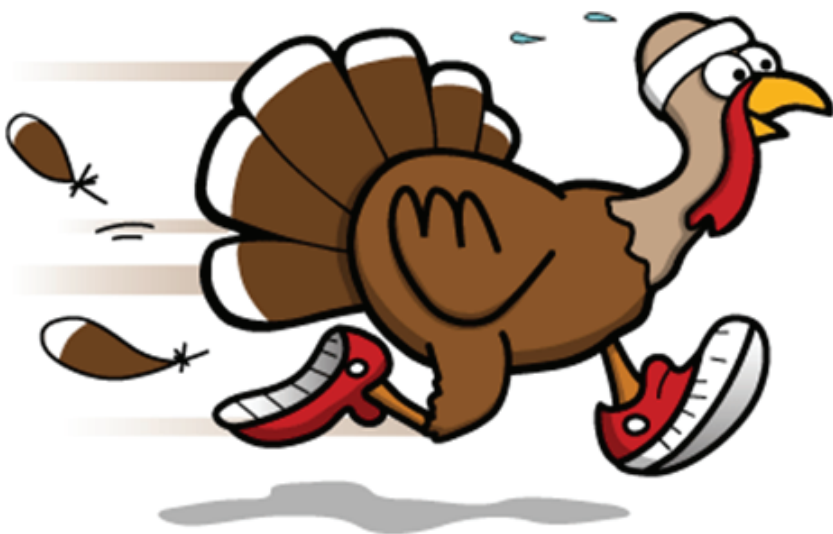
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

tone up for TURKEY DAY

Thanksgiving morning (11/25) Bootcamp 7:15AM at the Y

The typical Thanksgiving feast is high in calories, especially for those partaking in the time-honored American tradition of eating oneself into a food coma! If you work out hard beforehand — pushing your body to the point at which it needs to replenish calories — that meal can actually work in your favor.

All participants must pre- register through the membership portal.



Don't want to leave your company home alone?

No problem!

Guests can create a non-member account to register through the membership portal.

The Greater Morristown YMCA
79 Horsehill Road, Cedar Knolls, NJ 07927
P 973.267.0704 F 973.898.0485