

- 8am 5K Run/Walk
- 7am Y Extreme \$15 Members
- 8am Zumba \$ 20 Non-Members
- 9am Yoga

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- 7am Y Cycling \$ 15 Members
 - 8am Y Cycling \$ 20 Non-Members
 - 9am Y Cycling

Please circle Shirt Size

Adult S Adult M Adult L Adult XL

MUST REGISTER BY NOV 13 TO RECEIVE A SHIRT

Name _____

Address _____

City _____ **State** ___ **Zip** _____

Phone _____

E-mail _____

Birthdate _____ **Age** _____

I understand that \$6 of my registration fee will help those in my community that cannot afford to pay full price for YMCA programs through the Annual Campaign.



THANKSGIVING DAY

WORKOUT

Starts at 7AM

At the

**Jefferson County Family
YMCA**

Thursday, November 27,



SCHEDULE

7am	Y Cycling
7am	Insanity
8am	5K Run/Walk
8am	Y Cycling
8am	Zumba
9am	Y Cycling
9am	Yoga

Pool and Fitness Center Open 7-11am

Must register by Nov. 13 to receive a shirt

NO CHILD WATCH

Entry Fee will let you participate in the 5K,

Insanity, Zumba and Yoga.

Due to limited number of Bikes

Entry Fee for EACH Cycling class.

Fill out registration form on reverse and return to:

**The Jefferson County Family YMCA
1303 YMCA Dr. Festus, MO 63028**

5K RUN/WALK

Starting time 8am

Run starts and finishes at

THE JEFFERSON COUNTY YMCA

1303 YMCA Drive Festus, Mo 63028

(Free No Shirt)

AGE 0-12 Competitive Non-Competitive

13-15 15-20 21-30 31-40 41-50 51-60 61+

**Results posted on the Jefferson County
Family YMCA Facebook page.**

Y CYCLING

Y Cycling and limited to 12 people per hour.

\$15 Members \$ 20 Non-Members per person

Y Extreme 7am

Zumba 8am

Yoga 9am (GREAT AFTER THE RACE)

Classes are limited to 30 people per class.