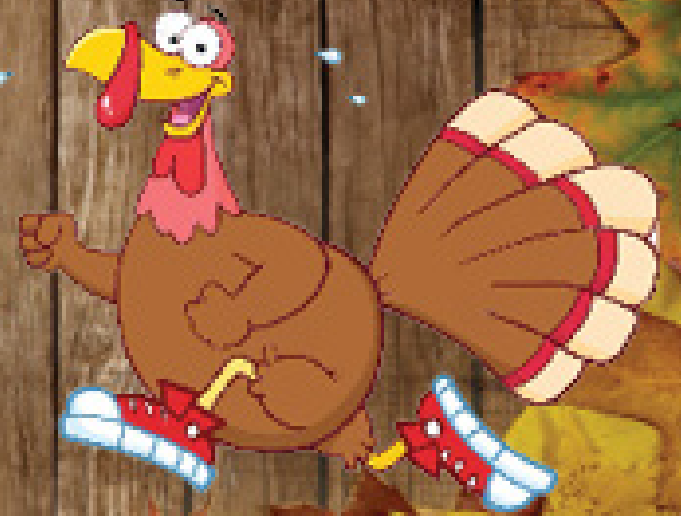


# Turkey Trim & Tone

Thanksgiving Day  
9:00-11:15am



**Do It For The Pie!**

***FUNdraiser to benefit the  
SYJCC Fitness Department!***

**9:00am – 10:00am**

Spincycle with Fred! (Advance Registration Only)

**10:15am – 11:15am**

Body Blast Bootcamp with Stephanie  
Donation: \$20.00 per class per person

***Members and Non-Members  
Welcome!***

For additional information  
contact Seth Sherman  
(631)462-9800 ext. 125  
ssherman@syjcc.org



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