

Thanksgiving Holiday Class Schedule

Attention Members: The following classes **WILL** be offered during the Thanksgiving Holiday.

All other regularly scheduled classes are cancelled.

Wednesday 11/22 *Club Closes at 6:00pm*

5:45-6:30	♣▲ Indoor Cycle	Bria
6:00-7:00	Hatha Yoga	Brenda
6:00-7:00	Ripped	Laura
7:00-8:00	Pre-Masters Swim	Ann
8:00-9:00	🏊 Water Fitness	Judy
9:00-10:00	🏊 Water Fitness	Judy
9:15-10:15	X-Treme Muscle	Anne
10:30-11:30	Pilates Mat	Gwen
10:45-11:45	Not-So-X-Treme	Alice
11:00-12:00	Masters Swim	Karen
12:00-12:55	♣▲ Indoor Cycle	Sue
12:00-1:00	Hatha Yoga	Vickie
2:00 – 3:15	Gentle Yoga	Kathy

Thursday 11/23 ~ *Club Closed* ~

Happy Thanksgiving!

Friday 11/24 *Club Opens at 7:00am*

8:00-9:00	Not-So-X-Treme	Alice
8:30-9:30	🏊 Water Fitness	Judy
9:00-10:00	Pilates Mat	Kathy
9:15-10:15	X-Treme Muscle	Anne
9:15-11:15	♣▲ Indoor Cycle (2hr Turkey Burner)	Sarah/Layne
10:00-12:00	🏊 Masters Swim(2hr Turkey Burner)	Coaches
10:45-11:45	Zumba Gold	Jill
12:45-1:45	Restore Yoga	Kathy

Saturday 11/25 *Regular Hours*

7:30-8:30	🏊 Water Fitness	Tami
8:30-9:30	🏊 Water Fitness	Tami
8:30-9:30	Boot Camp	Anne
8:30-9:30	♣▲ Indoor Cycle	Traci
9:00-10:00	Pilates Mat	Amy
10:00-11:15	Vinyasa Yoga	Monica

Sunday 11/26 *Regular Hours*

8:30-9:30	Zumba	Tina
9:15-10:00	♣▲ Indoor Cycle	Carol
3:00-4:00	Vinyasa Yoga	Doug