

Thanksgiving Group Exercise Schedule

Thursday, Thanksgiving Day

8:30 - 9:15 a.m.	*Cycle	Annette
8:30 - 9:15	Aqua Aerobics	Erika
8:30 - 9:20	BUTTERBALL BURN (HIIT)	Melissa
9:30 - 10:15	Aqua Dynamics	Jill
9:30 - 10:20 a.m.	Body Blast	Erika

Friday, November 26th

8:30 - 9:15 a.m.	*Cycle	Becky
8:30 - 9:15	Aqua Aerobics	Cathy
9:00 - 9:45	Cardio Dance	Linda
9:30 - 10:30	*Hatha Yoga	Diane F.
9:30 - 10:15	Aqua Motion	Maria
10:00 - 10:45 a.m.	Gentle Yoga	Linda

****Pre-registration required on or the day before class at front desk or online.***

**Pre-registration required on or the day before scheduled class date at front desk (708)226-0555 or online.*

**** Pre-registration up to 24 hrs. before class required***



ORLAND PARK

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