

Thanksgiving Group Exercise Schedule

Thursday, Thanksgiving Day

8:30 - 9:15 a.m.	*Cycle	Erika
8:30 - 9:20	BUTTERBALL BURN <i>(Step & Sculpt)</i>	Melissa
9:00 - 9:50	Aqua Aerobics	Dawna
9:30 - 10:20 a.m.	Body Blast	Erika

Friday, November 25th

8:30 - 9:15 a.m.	*Cycle	Becky
8:30 - 9:15	Aqua Aerobics	Jill
8:30-9:15	Cardio Dance	Maria
9:30 - 10:30	*Hatha Yoga	Diane F.
9:30 - 10:15	Aqua Motion	Maria
9:30-10:15	Sit & Fit	Linda
10:15 - 11:00	Senior Aqua	Jill
10:30 - 11:15 a.m.	Gentle Yoga	Linda

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



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