

Thanksgiving Group Exercise Schedule

Thursday, Thanksgiving Day

8:30 - 9:15 a.m.	*Cycle	Annette
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 24th

7:30 - 8:15 a.m.	*Barre Blend	Jill
8:30 - 9:15	*Cycle	Becky
8:30 - 9:15	Aqua Aerobics	Jill
8:30 - 9:15	Cardio Dance	Barb
9:30 - 10:30	*Hatha Yoga	Diane F.
9:30 - 10:15	Aqua Motion	Cathy
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 opens 24 hrs. prior to scheduled class time at front desk or on the app.*



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