

# Thanksgiving

## Group Exercise Schedule

Thursday, November 23, 2017

	Class	Instructor	Location
7:05 – 7:55 AM	Spin	Karolina	Studio B
8:00 – 8:55 AM	BODYPUMP	Vicky	Studio B
9:00 – 9:25 AM	CXWORX	Mary	Studio B
9:00 – 9:55 AM	Zumba	Jonelle	Studio C
10:00 – 10:55 AM	Pilates	Stella	Studio B
10:00 – 10:55 AM	NIA	Amy L.	Studio C
10:00 – 10:55 AM	Aqua Zumba	Ruth	Indoor Pool
11:15 – 11:40 AM	SPRINT	Silvia	Studio B

Friday, November 24, 2017

	Class	Instructor	Location
7:00 – 7:55 AM	Iron Fit Spin	Raul	Studio B
8:00 – 8:55 AM	BODYPUMP	Vicky	Studio B
9:00 – 9:55 AM	Zumba	Rachel S.	Studio B
9:00 – 9:55 AM	Pilates	Stella	Studio C
10:00 – 10:55 AM	Restorative Yoga	Amy M.	Studio B
11:00 – 11:45 AM	Butts & Guts	Sandy	Studio B
12:20 – 1:15 PM	Tone Up/Shape Up	Christelle	Studio B
1:00 – 1:55 PM	Aqua Fit	Roz	Indoor Pool

