

THANKSGIVING HOLIDAY GROUP EXERCISE SCHEDULE

Wednesday, November 24 - Sunday, November 28

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 7:00 am Sunrise Yoga Steven F			8:00 - 8:50 am BodyCombat Amy R
8:00 - 8:50 am Arthritis Lorelee	8:30 - 9:20 am Barre Fusion Werner	8:30 - 9:15 am "Burn the Bird" Bootcamp Fabian	9:00 - 10:00 am Body Pump Launch #119 Victor/Susie N/Amy P
9:00 - 10:00 am Aqua Aerobics Lorelee	8:30 - 9:30 am Cycle Susan E	9:00 - 10:00 am Aqua Aerobics Instructor Rotation	9:15 - 10:15 am Cycle Melissa
9:00 - 9:25 am Core Conditioning Susan E	9:00 - 10:00 am Aqua Aerobics Carl	9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:05 am Arthritis Pam
9:15 - 10:15 am Cycle Lisa H.	9:15 - 10:05 am Arthritis Susie P	9:15 - 10:05 am Arthritis Susie P	10:15 - 11:05 am Aqua Yoga Canella
9:15 - 10:05 am Chair Yoga (AOA) Elaine	9:25 - 10:20 am Heart Plus Toning Werner (AOA)	9:30 - 10:25 am Just Dance Lesley C	10:15 - 11:15 am Core Yoga Susan E
9:30 - 10:30 am Adult Ballet (AOA) Werner	9:30 - 10:30 am Body Pump Victor	10:00 - 10:55 am Chair Yoga (AOA) Audrey	
9:30 - 10:30 am Simply Strength Susan E	<i>CLUB HOURS: 7:00 am - 1:00 pm</i>	10:15 - 11:05 am Arthritis Susie P	
10:15 - 11:15 pm Parkinson's Wellness <i>Registration Required</i>		10:20 - 11:10 am Adult Ballet (AOA) Werner	
10:35 - 11:25 am Pilates Fusion Susan E		10:30 - 11:00 am Arm, Core and Stretch Lesley C	SUNDAY
11:15 - 12:05 pm Arthritis Kris		11:15 - 12:15 pm Parkinson's Wellness <i>Registration Required</i>	8:30 - 9:20 am Cycle Susan E
12:15 - 1:05 pm Arthritis Kris	(AOA) Active Older Adult CODES: Cycle Studio ● Lap Pool ● Main Studio ● Mind/Body Studio ● Banquet Room ● Warm Water Pool ●	11:15 am - 12:15 pm (AOA) Heart Plus Toning Werner	9:00 - 10:00 am Aqua Aerobics Susie P
11:30 am - 12:30 pm Balance & Stability Fabian (AOA)		12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene	9:30 - 10:20 am Strength & Core Susan E
1:00 - 3:15 pm Parkinson's Wellness <i>Registration Required</i>			2:00 - 3:00 pm Total Body Yoga Liza
Classes will not be held after 5pm.			