

THANKSGIVING HOLIDAY GROUP EXERCISE SCHEDULE

Wednesday, November 23 - Sunday, November 27



WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:50 am Bootcamp Aaron			9:00 - 10:00 am Body Pump Victor
6:00 - 7:00 am Sunrise Yoga Steve	8:30am - 9:30am Cycle : Turkey Burn Selima		9:00 - 10:00 am Cycle Melissa
9:00 - 9:25 am Core Conditioning Werner	9:30 - 10:30 am Body Pump Victor	8:45 - 9:45 am Wellness <i>Registration Required</i>	10:15 - 11:15 am Power Yoga Tatiana
9:15 - 10:15 am Cycle Lisa H.	<i>CLUB HOURS: 7:00 am - 1:00 pm</i>	9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am WERQ Dance Susie N
9:15 - 10:05 am Chair Yoga Elaine(AOA)		9:30 - 10:25 am Just Dance Lesley C	
9:30 - 10:30 am Adult Ballet (AOA) Werner		10:20 - 11:10 am Adult Ballet (AOA) Werner	SUNDAY
10:15 - 11:15 am Wellness <i>Registration Required</i>		10:30 - 11:00 am Arm, Core and Stretch Lesley C	8:30 - 9:20 am Cycle Lisa
10:30 - 11:30am Wellness <i>Registration Required</i>		11:15 - 12:15 pm Wellness <i>Registration Required</i>	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
10:35 - 11:25 am Barre Fusion Lisa		11:15 am - 12:05 pm (AOA)	9:30 - 10:20 am Barre Fusion Lisa
10:30 - 11:25 am BeMoved Dance Joanie (AOA)		Heart Plus Toning Werner	2:00 - 3:00 pm Total Body Yoga Tatiana
11:30 am - 12:30 pm Balance & Stability Fabian (AOA)		11:15 - 12:15 pm Total Body Yoga Tatiana	(AOA) Active Older Adult
11:45 - 12:45 pm Wellness <i>Registration Required</i>		12:30 - 1:30 pm (AOA)	CODES: Cycle Studio ● Main Studio ● Mind/Body Studio ○ Banquet Room ●
1:00 - 3:35 pm Wellness <i>Registration Required</i>		Therapeutic Yoga Marlene	
Classes will not be held after 5pm.		1:45 - 2:45 pm Wellness <i>Registration Required</i>	
LAP POOL SCHEDULE ON REVERSE SIDE			
			