

# THANKSGIVING HOLIDAY GROUP EXERCISE SCHEDULE



Wednesday, November 22 - Sunday, November 26

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 am Bootcamp Aaron	Happy Thanksgiving! 8:30am - 9:45am Cycle & Stength Susan E.	GIVE Thanks! 8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:00 - 10:00 am Body Pump Victor	8:30 - 9:20 am Cycle Susan E
6:00 - 7:00 am Sunrise Yoga Steve	8:30am - 9:45am Cycle & Stength Susan E.	9:00 - 10:15 am Total Body Yoga Tatiana	9:00 - 10:00 am Cycle Melissa	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
9:00 - 9:25 am Core Conditioning Lora	9:30 - 10:30 am Body Pump Michelle	8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:15 - 10:05 am Pilates Fusion Susan E	9:30 - 10:20 am Strength & Core Susan E
9:15 - 10:15 am Cycle Lisa H.	9:30 - 10:30 am Vinyasa Yoga & Pilates Stretch with Loralee	9:00 - 10:15 am Total Body Yoga Tatiana	10:15 - 11:15 am Power Yoga Susan E	2:00 - 3:00 pm Total Body Yoga Tatiana
9:15 - 10:05 am Chair Yoga Elaine(AOA)	<b>CLUB HOURS:</b> 7:00 am - 1:00 pm	9:30- 10:30 am Cycle Lisa H.	11:30 - 12:45 pm Restorative Yoga Marlene	<b>Monday, 11/27</b> Total Body Burn at 8:30am will not be held.
9:30 - 10:30 am Adult Ballet (AOA) Werner		9:30 - 10:25 am Just Dance Lesley C	(AOA) Active Older Adult	
9:30 - 10:30 am Simply Strength Lora	10:00 - 10:55 am Chair Yoga Audrey(AOA)	10:20 - 11:10 am Adult Ballet (AOA) Werner	<b>CODES:</b> Cycle Studio ● Main Studio ● Mind/Body Studio ○ Banquet Room ●	
10:15 - 11:15 am Wellness <i>Registration Required</i>	10:30 - 11:00 am Arm, Core and Stretch Lesley C	10:30 - 11:00 am Arm, Core and Stretch Lesley C	HOLIDAY LAP POOL SCHEDULE ON REVERSE SIDE	
10:30 - 11:30am Wellness <i>Registration Required</i>	10:35 - 11:25 am Pilates Fusion Susan E	11:15 - 12:15 pm Wellness <i>Registration Required</i>	HOLIDAY LAP POOL SCHEDULE ON REVERSE SIDE	
10:35 - 11:25 am Pilates Fusion Susan E	10:30 - 11:25 am BeMoved Dance Joanie (AOA)	11:30 - 12:30 pm Balance & Stability Fabian		
11:30 - 12:30 pm Yoga with Weights Mary Clare	11:30 am - 12:30 pm Balance & Stability Fabian (AOA)	12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene		
1:00 - 3:35 pm Wellness <i>Registration Required</i>	1:00 - 3:35 pm Wellness <i>Registration Required</i>	12:45 - 1:45 pm Wellness <i>Registration Required</i>		
Classes will not be held after 5pm.		1:45 - 2:45 pm Wellness <i>Registration Required</i>		