



Thanksgiving Week Club Hours

Mon. 11/20 through Wed. 11/22
Regular Club Hours 5:30 am - 10:00 pm

Thursday 11/23 8:30 am to 1:00 pm

Friday 11/24 5:30 am to 8:00 pm

Saturday 11/25 and Sunday 11/26
Regular Club Hours 8:00 am - 6:00 pm

Fitness Class Schedule

Monday Nov. 20th, Tuesday Nov. 21st & Wednesday Nov. 22nd

No changes to regular schedule

Thanksgiving Thursday November 23rd

9:15 – 10:15 am Interval Step w/Linda J

All other classes canceled

Friday November 24th

8:00 – 8:45 am Cycle w/Jay

9:00 – 10:00 am “Butterball Burn off” w/Dee

10:15 – 11:15 am Yoga/Stretch w/Ingrid

10:00 – 11:00 am Lite Cardio & Strength is canceled.

Saturday November 25th

No changes to regular schedule

Sunday November 26th

No changes to regular schedule