



Thanksgiving Week Club Hours

Mon. 11/25 through Wed. 11/27
Regular Club Hours 5:30 am - 10:00 pm

Thursday 11/28 9:00 am to 1:00 pm

Friday 11/29 5:30 am to 8:00 pm

Saturday 11/30 and Sunday 12/1
Regular Club Hours 8:00 am - 6:00 pm

Group Fitness Class Schedule

Monday Nov. 25th & Tuesday Nov. 26th

No changes to regular schedule

Wednesday Nov. 27th

9:15 – 10:15 am Cardio, Core & More w/Linda H

5:45 – 6:45 pm Total Body Conditioning w/Dee **is canceled**

Thanksgiving Thursday November 28th

All am & pm classes are canceled

Friday November 29th

9:15 – 10:15 am “Butterball Burn off” w/Dee

All other classes are canceled

Saturday November 30th & Sunday December 1st

No changes to regular schedule