THANKSGIVING GROUP EXERCISE SCHEDULE

11/25 - No Evening classes

11/26 - Club Closed

Black Friday 11/27

7:15-8:15am - Cycle with Dolores

7:30-9:00am - Master Swim 5,000 yards with Nick

9:00-10:15am - Dance Party with Stacy

10:00-11:00am - Water Fitness with Patty

10:30-12:00pm - Pilates Sculpt+ with Lisa

2:00-4:00pm - Sound Healing with Ann & Grisel

Fee based class (see the front desk)

