

BLACK FRIDAY BURN!

Don't forget! Schedule your classes on the app or Self-Service.

MODIFIED Group Fitness Schedule for November 26, 2021

Please note: Regularly scheduled classes **will not be held**.

STUDIO 1

TIME	CLASS	INSTRUCTOR
8:30 - 9:20 AM	Dance Fit + Abs	Chrystine Mitchell
9:30 - 10:30 AM	BODYPUMP	Michele Sanders

BLUE STUDIO

TIME	CLASS	INSTRUCTOR
8:30 - 9:00 AM	Row Cross	Ricky Hernandez
9:30 - 10:00 AM	Cycle 45	Jen Fanaro

MB STUDIO

TIME	CLASS	INSTRUCTOR
9:00 - 10:00 AM	BODYFLOW	Val Deibler

BASKETBALL COURT (Active Aging class)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 AM	Total Body Tune-up ADVANCED	Sue Daly

POOL (\$5 for members - buy/book on Self-Service)

TIME	CLASS	INSTRUCTOR
9:00 - 9:45 AM	Aqua Turkey Tabata	Chris Butler
10:00 - 10:45 AM	Aqua Fit	Sue Daly

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