

Thanksgiving Eve Modified Schedule | November 22

All regularly scheduled morning and daytime classes will still be held on Wednesday

Only one class for the evening:

5:15-6:00 pm BODYPUMP 45 with Chrystine Mitchell

Black Friday Modified Schedule | November 24

All regularly scheduled classes will not be held

Blue Studio:

8:30-9:15 am Cycle 45 with Jen Fanaro

9:30-10:30 am Zumba with Nina Symons

Mind Body Studio:

8:30-9:15 am Pilates with Marilyn Lee

10:45-11:45 am BODYBALANCE with Val Deibler

Studio 1:

8:30-9:15 am BODYPUMP 45 with Lauren Marrone

9:30-10:15 am BODYCOMBAT 45 with Chrystine Mitchell

Active Aging held on the basketball court:

9:00-9:50 am SilverSneakers Circuit with Sadia Galan

Pool:

9:00-9:50 am Turkey Trot in the deep with Melissa Voler

REP ROOM Studio:

5:15 am with Lauren Ressler

6:15 am with Lauren Degler

9:15 am with Linette Davis

