

MODIFIED GROUP FITNESS SCHEDULE FOR: Thanksgiving Eve and Black Friday

Thanksgiving Eve, November 27

Please note: all morning and noon classes will be held

Modified evening schedule:

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

5:00-5:30 pm SPRINT with Jen Fanaro

Black Friday, November 29

Please note: regularly scheduled classes will not be held on this day

Pool

9:00-9:45 am Aqua Strong with Melissa Voler

REP ROOM

6:15 am with Lauren Degler

8:30 am with Melissa Martin

Blue Studio

8:30-9:15 am Cycle 45 with Carol Minguez

Mind Body Studio

9:00-9:30 am Les Mills Core with Jen Fanaro

9:45-10:45 am Power Yoga with Michelle Harris

Studio 1

8:30-9:15 am BODYPUMP 45 with Chrystine Mitchell

9:30-10:15 am BODYCOMBAT with Linette Davis

Basketball Court | Active Aging Class

10:00 – 10:50 am Silver Sneakers Circuit with Sadia Galan

