

Fitness Lineup

THANKSGIVING HOLIDAY 2019

MONDAY, NOVEMBER 25TH

- 8:30am Zumba w/ Katherine
- 10:00am Hip Hop Cardio w/ Nicole
- 11:30am Circuit Resistance Training w/ Nicole
- 5:30pm Zumba w/ Jenny
- 7:00pm Warriors Plus w/ Chip

TUESDAY, NOVEMBER 26TH

- 8:30am Bootcamp w/ Alex Peoples
- 10:00am Barre w/ Nicole
- 11:30am Hatha Strong Yoga w/ Cara
- 5:30pm Zumba w/ Jenny
- 7:00pm Spin X w/ Chip

WEDNESDAY, NOVEMBER 27TH

- 8:30am Spin & Sculpt w/ Michael
- 10:00am H.I.I.T. It Hard Kickboxing w/ Chip
- 11:30am Barre w/ Nicole

The classes listed are the **ONLY** classes occurring during Thanksgiving Week (Monday, Nov. 25th - Sunday, Dec. 1st)
All classes will be in the Community Center Wellness Studio.

