

THANKSGIVING HOLIDAY SCHEDULE

<p>MONDAY November 22</p> <p>5:15 AM Cycle Jen 9:00 AM Interval Training Amy 10:00 AM Slow Flow Vinyasa Lesley 12:15 PM Cycle Heather 5:30 PM 45 Min. HIIT Abbey 5:30 PM Cycle Adam 6:30 PM Yoga Lorrie G. 6:30 PM 20 Minute ABS Robin 7:00 PM Low Impact Aerobics Robin</p>	<p>TUESDAY November 23</p> <p>5:15 AM Bootcamp-Gym Jen 9:00 AM Low Impact Aerobics Jamie 9:00 AM Abs-Buns-Cycle Danielle 10:00 AM Slow Flow Yoga Lesley 11:15 AM Line Dance Susan A 12:15 PM Interval Training Penny 5:30 PM Dance Club Iesha 5:30 PM Beginning Yoga Nicole 6:30 PM Yoga Connie</p>
<p>WEDNESDAY November 24</p> <p>NO 8:05 AM Pilates NO 9:00 AM Slow Flow Yoga 9:00 AM Interval Training Amy NO 11:15 AM Line Dance 12:15 PM Cycle Heather 5:30 PM Cycle Adam 5:30 PM Hip Hop Iesha NO 6:30 PM Yoga</p>	<p>THURSDAY November 25</p> <p>Y IS CLOSED</p> <p>HAPPY THANKSGIVING!</p>
<p>FRIDAY November 26</p> <p>8:30 AM Yoga Lorie R 9:00 AM Virtual Body Pump NO 9:00 AM Cycle NO 10:15 AM Senior Chair Yoga NO 11:00 AM Zumba Gold NO 5:30 PM Yoga Wall</p>	<p>SATURDAY November 27</p> <p>NO 8:00 AM Boot Camp 9:00 AM Cycle Adam 10:00-10:45 Body Pump Virtual-45 minutes NO 11:00 AM Hip Hop</p>

BEASTMODE HOLIDAY SCHEDULE



Monday 12:15PM 4:30PM 6:00PM

Tuesday 12:15PM 4:30PM 6:00PM

Wednesday-12:15 PM

NO YOUTH CLASS No 4:30 PM or 6:00 PM

Thursday-Closed for Thanksgiving

Friday 12:15 **No 4:30 PM or 6:00 PM**

Regular Hours: *Closed Thursday for Thanksgiving

Supervised Teen Center: Monday-Thursday 4:30-7:30pm Ages 7 and up **Nursery Hours:**
 Mon-Fri 8:30am-1:15pm Sat 8:00am-12 noon Mon-Thurs 4:00pm-8:00pm Fri-4:00pm-7:00pm