



Group Fitness & Mind/Body Thanksgiving Schedule

Wednesday November 25

Normal Club Hours and Normal Class Schedule EXCEPT
7:00pm ZUMBA Fitness – **CANCELLED**

Thursday November 26

Club Hours: 5:25am - 12:00noon

Special Thanksgiving Schedule

8:30 – 10:00am Gravy Burner Spin Yoga – Michele, 2nd floor
9:00 - 10:30am BODYSTEP/BODYPUMP Combo – Dory, 1st floor
9:30 - 11:00am Anusara Flow Yoga – Diana C, 3rd floor

ALL OTHER CLASSES ARE CANCELLED

Friday November 27

Normal Club Hours and Normal Class Schedule EXCEPT
6:30am All Terrain Spin – **CANCELLED**
6:45am Iyengar Yoga – **CANCELLED**
6:30pm ZUMBA Fitness – **CANCELLED**
6:30pm Hatha Yoga – **CANCELLED**