

Thanksgiving

EXERCISE SCHEDULE

Thursday, Nov. 27

6:45 to 7:30 a.m.	Pre-Bird Cycle	Celeste	Surge
7:30 to 8:15 a.m.	Cutting EDGE	Bond	Move
7:40 to 8:10 a.m.	LIFT 30	Celeste	Strong
8 to 9:15 a.m.	SwimFit H.I.T.S.	Charlie	Sports Pool (Lanes 1-6)
8:30 to 9:15 a.m.	MiniBARRE	DK	Strong
8:30 to 9:15 a.m.	Step & BARRE	Shanna	Move
8:30 to 9:30 a.m.	Yoga Power	Hally	Breathe
9 to 9:45 a.m.	Pure Cycle	Jorjia	Surge
9:30 to 10:15 a.m.	Contemporary Pilates	Alyssa	Strong
9:30 to 10:15 a.m.	Muscles	Martica	Move
9:45 to 10:45 a.m.	Yoga Body	Steven	Breathe
10:30 to 11:15 a.m.	BARRE Jam*	Melissa	Strong
10:30 to 11:15 a.m.	JUMP: Belly & Booty*	Martica	Move
11 a.m. to Noon	Yoga Stretch	Susy	Breathe
11:30 a.m. to 12:15 p.m.	VideoRide	Martica	Surge

Friday, Nov. 28

6:45 to 7:30 a.m.	Pure Cycle	Celeste	Surge
7:40 to 8:10 a.m.	LIFT 30	Celeste	Strong
8:30 to 9:15 a.m.	Muscles	Martica	Move
8:45 to 9:30 a.m.	Rhythm Ride	Sarah	Surge
9:30 to 10:15 a.m.	BARRE off the BARRE	Maria	Move
9:30 to 10:15 a.m.	KARB	YJ	Strong
9:30 to 10:30 a.m.	Yoga Power	Haley	Breathe
9:45 to 10:30 a.m.	Pure Cycle	Jorjia	Surge
10:30 to 11:15 a.m.	BARRE Jam*	Melissa	Strong
10:30 to 11:15 a.m.	Sweaty Aerobics	YJ	Move
10:45 to 11:45 a.m.	Yoga Body	Charlotte	Breathe
11:30 a.m. to 12:15 p.m.	Contemporary Pilates	Alyssa	Strong
11:30 a.m. to 12:15 p.m.	Jazz It Up!*	Jasmine	Move
Noon to 1 p.m.	Yoga Stretch	Susy	Breathe

*Specialty class descriptions are listed on the app and on our Facebook page.

