



the

Thanksgiving Weekend Schedule

November 23rd, 2017

Open 6:00am-Noon

Kids Care Open

Group Exercise:

6:00am Cycle with Jen K

7:00am Cycle with Barb G

8:00am Abs Express with Holly G

8:30am Cardio/Weights with Danielle S

9:30am Step with Shelly

Studio One:

8:15 Mixed Level Yoga with Gladys

Pool: Open 6:00am-11:45am

3 lanes lapswim/2 lanes open swim

Masters Swim 8-10am

Masters Swim Uses all 5 Lanes

November 24th, 2017

Open 5:00am-9:30pm

Kids Care Open

Group Exercise:

9:00am Cardio/Weights with Danielle S

10:00am Zumba with Tara

Studio One:

9:30am Pilates with Shelly

Pool:

*Refer to regular pool schedule

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