



THANKSGIVING GROUP EXERCISE SCHEDULE

THANKSGIVING DAY (11/24)

Capp Center

9 AM • Yoga Sculpt with Heidi

9:30 AM • Cycle with Lauren

10 AM • Zumba with Deanne

Sabes Center

8 AM • XaBeat with LaChel

9:30 AM • Mat Pilates & Stretch with Linda

Virtual

9:30 AM • Bodyweight Intervals with Catie

BLACK FRIDAY (11/25)

Capp Center

8 AM • Forever Fit with Susan

9 AM • LaBlast with Jessica

9:30 AM • Gentle Flow Yoga with Rene

10 AM • Bootcamp with Will in Gym

10 AM • Water Aerobics with Susan

11 AM • POUND Unplugged with Kim

Noon • Cycle with Lauren

Sabes Center

8:30 AM • Water Aerobics with Bob

10 AM • Lift n Pump with Laurie

Virtual

8:30 AM • Yoga with Debbie

9 AM • Better Bones with Julie

