



THANKSGIVING DAY SCHEDULE

THURSDAY, NOVEMBER 23

7:00am-2:00pm	CLUB HOURS
7:00am-1:00pm	POOL
8:30am-2:00pm	KIDTOWN
9:00am-1:00pm	BON MARCHE
8:00am-12 Noon	OUT•FIT
Closed	SPA

THANKSGIVING DAY WORKOUT: MAKE A STATEMENT!

Flaunt your favorite workout gear featuring fitness buzzwords, catchy slogans, and fun expressions.

7:30-8:00am	GRIT™ CARDIO BY LES MILLS
8:15-9:00am	THANKSGIVING RIDE WITH HILLARY
8:30-9:30am	BODYPUMP™ BY LES MILLS
9:30-10:45am	PRE-TURKEY BURN RIDE WITH LESLEE
9:40-10:40am	ZUMBA® & WERQ®

CARDIO TENNIS: THANKSGIVING STYLE

8:30-9:30am

MIND BODY

8:00-9:00am	PILATES MAT WITH KATHY
9:30-10:45am	THANKS FOR GIVING POWER VINYASA WITH KARYN AND RANDI