






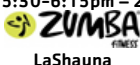



# Group Exercise Class Schedule

## November 24 – 26

Wednesday-24	Thursday-25	Friday-26
5:15-6:10am – Gym <b>EARLY BIRD</b> Stacey	<b>CLOSED</b> <b>HAPPY</b> <b>THANKSGIVING</b>	5:15-6:15am  Vanessa
8:15-9:15am – 1 <b>BODY BLAST</b> Sherri		5:30 –6:30am –3 <b>WARM POWER FLOW</b> Tammy
8:15-9:15am-2  Amelia		8:15-9:00am – 2 <b>FIT FOR LIFE</b> Angela
8:30-9:30am  Megan		8:15-9:15am – 1 <b>STABILITY BALL BLAST</b> Sherri
9:30- 10:30am – 1 <b>FIT FOR LIFE</b> Felix		8:15-9:30am CrossFit Gym <b>BOOTCAMP</b> Malek
9:30-10:30am – 3 <b>YOGA</b> Kindal		8:30-9:30am  Jennifer J.
9:30-10:30am –2  Robin		9:15-10:00am – 2 <b>SILVERSNEAKERS@ CIRCUIT</b> Angela
10:45-11:45pm – 1  Jennifer B.		9:30-10:30am – 3 <b>BACK CARE BASICS YOGA</b> Lisa A.
10:45-11:45am-3 <b>GENTLE YOGA</b> Lisa A.		9:30-10:30am – 1  Jennifer B.
10:45-11:30am – 2 <b>SUPPORTED YOGA</b> Kindal		
5:30-6:15pm-1 <b>TABATA BOOTCAMP</b> Alexis		
5:30-6:15pm – 2  LaShauna		
6:00-7:00pm – 3 <b>YOGA</b> Monica		
6:00-7:00pm  Jennifer T.		

**PLEASE BE SURE TO CHECK PUNCHPASS FOR ANY UPDATED CANCELLATION OF CLASSES**