



GROUP FITNESS SCHEDULE
THANKSGIVING WEEK : NOV 25-Dec 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------|--|--|---|---|--|--|--|
| | 25-Nov | 26-Nov | 27-Nov | 28-Nov | 29-Nov | 30-Nov | 1-Dec |
| 8:00 AM | | H.I.I.T. CIRCUIT AMY 8:00 - 8:20 A AC STUDIO 2 | H.I.I.T. CARDIO AMY 8:00 - 8:20 A AC STUDIO 2 | NO CLASSES HAPPY THANKSGIVING! | H.I.I.T. CIRCUIT AMY 8:00 - 8:20 A AC STUDIO 2 | | |
| 8:30 AM | | YOGA FLOW KELLY 8:30 - 9:30 A AC STUDIO 1 | TOTAL BODY STRENGTH AMY 8:30 - 9:15 A AC STUDIO 2 | | GRATITUDE FLOW KELLY 8:30 - 9:15 A AC STUDIO 1 | BOOTCAMP DANA 8:30 - 9:15 A AC STUDIO 2 | |
| 9:30 AM | SLOW FLOW VALERIE 9:30 - 10:30 A AC STUDIO 1 | RESTORATIVE YOGA DANIELLE 9:45 - 10:45 A AC STUDIO 1 | DEEP STRETCH VALERIE 9:30 - 10:30 A AC STUDIO 1 | | DEEP STRETCH KELLY 9:30 - 10:30 A AC STUDIO 1 | CORE FLOW KELLY 9:30 - 10:30 A AC STUDIO 1 | SLOW FLOW MOLLY 9:30 - 10:30 A AC STUDIO 1 |
| 10:40 AM | | | FUNCTIONAL FITNESS: POSTURE & BALANCE RHONDA 10:40 - 11:15 A AC STUDIO 2 | | CORE FIT RHONDA 10:40 - 11:15 A AC STUDIO 2 | FOAM ROLLING & STRETCH RHONDA 10:40 - 11:15 A AC STUDIO 2 | |

***Please note normal Nov & Dec schedule resumes M, Dec 2.**