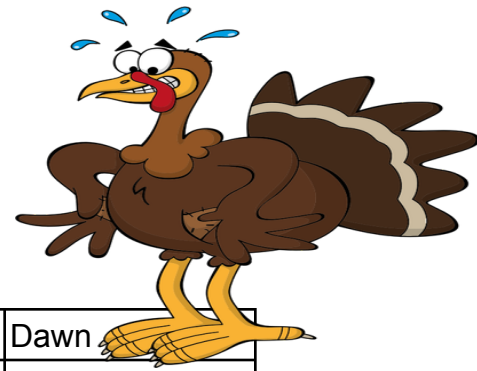


# GROUP EXERCISE

## Holiday Schedule 2023



### Wednesday, Nov. 22nd

5:45-6:30am	Boot Camp	Dawn
6-7am	Yoga Sculpt	Laura
6:45-7:30am	BodyPump	Rosa
8-8:45am	Bootcamp	Jim
9-9:45am	Barre	Deb
9-9:45am	Spinning	Elyse
9-9:45am	Chair Yoga	Margie
10-11am	Yoga	Nanci
10-10:45am	TRX Circuit	Deb
12:15-12:30pm	Express Barre	Deb
5-6:30pm	<b>Shake the Pies from your Thighs:</b> Mega Zumba Class	Tallie, Tracey, Kate, Ashley
5:30-6:30pm	Spin & Sculpt	Sherri/Elyse
5:30-6:30pm	Yoga	Sarah

### Thursday, Nov. 23rd - THANKSGIVING DAY

7:15-7:45am	Core	Paula P
7:45-8:45am	SPIN	Rosa
8-8:45am	Bootcamp	Paula P
9-9:45am	BodyPump	Rosa
10-11am	Yoga	Elyse

### Friday, Nov. 24th

6:30-7:15am	SPIN	Paula P
8-8:45am	Muscle Shred	Laurie
8:15-8:45am	Core	Jenn
9-9:45am	Chair Yoga	Nanci
9-9:45am	SPIN	Laurie
9-9:45am	HIIT	Jenn
10-11am	BodyPUMP	Kate S
10-11am	Yoga	Caitlin
12:15-12:30pm	Express HIIT	Sam

Refer to our app or portal for class locations.  
Registration required for all classes 24 hours in Advance.

