



Thanksgiving Day

Thursday 11/24

CLUB HOURS

6am-11am

Class Schedule:

6 AM Water Aerobics (Pool)

7 AM HIIT (Fitness Area)

8 AM Cardio Tennis (Tennis Courts)

6:30AM BodyFlow (Yoga Studio)

8:30AM Pilates (Yoga Studio)

8:30AM BodyStep (Group Exercise Studio)

9:35AM BodyPump (Group Exercise Studio)