



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING WEEKEND 11/28-12/1

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO			STI 7:10-8:10AM HEIDI	ZUMBA 9:10-9:50AM TRESSA
	TAI CHI QIGONG 8:00-8:45AM ERIN		STEP 8:15-9:00AM TRACY	BOOTCAMP 10:00-11:00AM LISA
	ZUMBA 9:00-10:00AM RODOLFO	POWER YOGA 9:00-10:00AM SARAH B.	ZUMBA 9:10-9:55AM LAURA	YOGA 11:00AM-12:00PM INDORA
	ALL LEVELS YOGA 10:15-11:15AM LINDA	SILVER SNEAKERS 11:15-12:00PM MO	ALL LEVELS YOGA 10:00-11:00AM SARITA	
	NO AQUA FITNESS	S.A.I.L. ECHN 2:00-3:00PM		
	THANKSGIVING HOURS We will be open 8:00am-12:00pm on 11/28/19			
CYCLING	GROUP CYCLE 8:15-9:15 AM ANDREA	GROUP CYCLE 5:15-6:00 AM MARSHALL	GROUP CYCLE 8:15-9:00AM LAURA	GROUP CYCLE 9:15-10:00AM ANDREA
			GROUP CYCLE 9:30-10:15 HEIDI	