








# THANKSGIVING HOLIDAY GROUP EXERCISE LAND SCHEDULE

Wednesday, November 27 - Sunday, December 1

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 am Bootcamp Aaron			8:00 - 9:00 am Body Combat Jennifer	8:30 - 9:20 am Cycle Susan E
6:00 - 7:00 am Sunrise Yoga Steve	9:00 - 10:00 am "Beast Mode Before Feast Mode" HIIT Training <i>on the track with Gemma</i>		9:00 - 10:00 am Body Pump Jennifer	9:00 - 10:15 am Vinyasa Flow Yoga Tatiana
9:00 - 9:25 am Core Conditioning Werner	9:00 - 10:00 am Cycle Melissa	8:30 - 9:25 am Tabata Sculpt & Core Susan E	9:00 - 10:00 am Just Dance is Bemoed Dance with Joanie	9:30 - 10:20 am Strength & Core Susan E
9:15 - 10:15 am Cycle Lisa H.	10:15 - 11:15 am Pilates Mat Based Werner	9:00 - 10:15 am Total Body Yoga Tatiana	9:15 - 10:15 am Cycle Melissa	10:25am - 10:55 am Foam Roller Susan E
9:15 - 10:05 am Chair Yoga Elaine(AOA)	10:15 - 11:15 am Body Pump Michelle	9:30- 10:30 am Cycle Lisa H.	9:15 - 10:05 am Pilates Fusion Susan E	2:00 - 3:00 pm Total Body Yoga Tatiana
9:30 - 10:30 am Adult Ballet (AOA) Werner		9:30 - 10:25 am Just Dance Lesley C	10:15 - 11:15 am Body Pump Michelle	(AOA) Active Older Adult  CODES: Cycle Studio ● Main Studio ● Mind/Body Studio ○ Banquet Room ●
9:30 - 10:30 am Simply Strength Susan E		10:20 - 11:10 am Adult Ballet (AOA) Werner	10:15 - 11:15 am Power Yoga Susan E	
10:15 - 11:15 am Wellness <i>Registration Required</i>		10:30 - 11:00 am Arm, Core and Stretch Lesley C	11:30 - 12:45 pm Restorative Yoga Marlene	
10:30 - 11:30am Wellness <i>Registration Required</i>		11:15 - 12:15 pm Wellness <i>Registration Required</i>		<b>CLUB HOURS:</b> 7:00 am - 1:00 pm
10:35 - 11:25 am Pilates Fusion Susan E		11:30 - 12:30 pm Balance & Stability Fabian	<b>HOLIDAY LAP POOL SCHEDULE ON REVERSE SIDE</b>	
10:30 - 11:25 am BeMoved Dance Joanie (AOA)		12:30 - 1:30 pm (AOA) Therapeutic Yoga Marlene		
11:30 - 12:30 pm Yoga with Weights Mary Clare		12:45 - 1:45 pm Wellness <i>Registration Required</i>		
11:30 am - 12:30 pm Balance & Stability Fabian (AOA)		1:45 - 2:45 pm Wellness <i>Registration Required</i>		
1:00 - 3:35 pm Wellness <i>Registration Required</i>				
5:30 - 6:30pm Body Pump Carol				
5:30 - 6:30pm Vinyasa Flow Yoga Tatiana				