



Thanksgiving weekend Group Fitness Schedule:

Wednesday, November 24

Regular Schedule

Thursday, November 25 (Thanksgiving Day)

- 8:20-8:50am** **THANKFUL TO THE CORE** **Lee**
30 minute core class focusing on abs and lower back
- 9-10am** **WERQ-Y FOR YOUR TURKEY** **Lee, Lisa and Cheryl**
3 instructors, more fun! Dance fitness set to pop and hip hop music
- 10:15-11:15am** **ATTITUDE: GRATITUDE ALL LEVEL YOGA** **Pam**
Slow Flow Yoga with a focus on gratefulness
- 11-11:50am** **KICK IT CARDIO/STRENGTH CASSEROLE** **Sharon**
Intervals of cardiokickboxing and strength work

Friday, November 26

Regular Schedule

WITH THE ADDITION OF

- 11:30am-12:30pm** **W.O.W. TURKEY BURN** **Brian**
Light cardio, strength, and balance work.