

Thanksgiving Week Nov. 25-Dec. 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45-6:15 a.m. A Les Mills CORE™ Lisa	5:45-6:15 a.m. B Les Mills SPRINT™ Ann	5:45-6:15 a.m. A Les Mills GRIT™ Lisa	Facility Closed. No Classes. Happy Thanksgiving!	8 a.m. C Zumba® Mariah	7:15-7:45 a.m. B Les Mills SPRINT™ Lisa
7:30 a.m. C Muscle Work Josh	8:30 a.m. B Cyclone Cycle Christine	7:30 a.m. C Fitness Fusion Josh		8:30 a.m. Pool Aqua Medley Tom	8 a.m. A Les Mills BODYPUMP™ Lisa
8:30 a.m. Pool Aqua Medley Debbie	9 a.m. A Gentle Yoga Carolina	8:30 a.m. Pool Aqua Deep Debbie		9 a.m. C Hatha Yoga Andrea	8:15 a.m. Pool Aqua Tabata Joanna
8:30-9:15 a.m. A Les Mills BODYPUMP™ Erin A.	9:30 a.m. C Pilates Mat Christine	9:30 a.m. Pool Aqua Medley Debbie		9:30 a.m. Pool Aqua Medley Nancy	9 a.m. B Cyclone Cycle Mary
9 a.m. C Cardio Fusion Jana	9:30 a.m. Pool Aqua Zumba® Leah	10 a.m. A Gentle Vinyasa Yoga Andrea		11 a.m.-12 p.m. C Vinyasa Yoga Nancy	9:30 a.m. C Zumba® Mariah
9:15-10 a.m. A Les Mills BODYSTEP™ Anna-Marie	11 a.m. C Sit & Fit Melanie	10 a.m. C Zumba® Amanda	Pool Schedule The normal pool schedule will be in effect with the exception of Mixed Usage in place of the normal Wednesday 6:30 p.m. aquatics class.	12-12:30 p.m. C Qi Gong Nancy	10:30-11:30 a.m. C Hatha Yoga Carolina
9:30 a.m. Pool Aqua Deep Debbie	12:15-12:45 p.m. A Les Mills GRIT™ Lisa	6 p.m. C Zumba® Toning Mariah			
10-10:30 a.m. A Les Mills CORE™ Erin A.	4 p.m. A Les Mills BODYPUMP™ Erin A.				
11 a.m. A Adapted Flow Yoga Carolina	5:30-6 p.m. B Cycle Express Annette				
4 p.m. Pool Aqua Medley Dawna	6-6:30 p.m. B Core Blast Annette				
5 p.m. C Gentle Yoga Joanne	6 p.m. A Vinyasa Yoga Erin S.				
5:15-5:45 p.m. B Les Mills SPRINT™ Lisa	7 p.m. C Zumba® Mariah				
6 p.m. A Les Mills BODYPUMP™ Lisa					
6 p.m. C Zumba® Mariah					
7 p.m. D Hatha Yoga Vanessa					

SUNDAY

8:15-8:45 a.m. | A
Les Mills GRIT™
Lisa

9 a.m. | Pool
Aqua Medley
Joanna

9-9:30 a.m. | A
Les Mills BODYCOMBAT™
Renee

9:30-10 a.m. | A
Les Mills CORE™
Lisa

Download the FitRec app for up-to-date schedules

Group Fitness Guidelines

All classes are 50 minutes in length unless otherwise stated. In accordance with fitness industry safety standards, students should not join a class after the warm-up has concluded (approx. first 5 mins). Classes are on a first-come, first-served basis. If class has reached maximum capacity, doors will be closed at beginning of class, no admittance allowed. Classes are subject to minimum/