

# Thanksgiving Week Schedule



Fitness classes will not run as scheduled the week of November 19-23 due to the Thanksgiving Holiday.

The following is a schedule of FREE classes that will run for the benefit of our participants during that week.

Please assist me in communicating this schedule to your classes. The schedule is also posted on the door. Thanks!

|                           | <b>Mon 11/19</b>                      | <b>Tues 11/20</b>                             | <b>Wed 11/21</b>                      |
|---------------------------|---------------------------------------|---|---------------------------------------|
| <b>5:00-5:30<br/>a.m.</b> | <b>Super Sculpt</b>                   |   | <b>Super Sculpt</b>                   |
| <b>5:30-6:30<br/>a.m.</b> | <b>Cardio<br/>Strength<br/>Fusion</b> |   | <b>Cardio<br/>Strength<br/>Fusion</b> |
| <b>8:15-9:15<br/>a.m.</b> | <b>Cardio<br/>Strength<br/>Fusion</b> | <b>BOSU<br/>Cardio &amp;<br/>Conditioning</b> | <b>Cardio<br/>Strength<br/>Fusion</b> |
| <b>5:30-6:15<br/>p.m.</b> | <b>Strength<br/>&amp; Resistance</b>  |   | <b>Strength<br/>&amp; Resistance</b>  |
| <b>6:30-7:15<br/>p.m.</b> | <b>Aerobic Mix</b>                    | <b>Cardio<br/>Strength<br/>Circuit</b>        | <b>Aerobic Mix</b>                    |