

# Turkey Burn-Off!

## Group Exercise Schedule

### Wednesday, November 22nd



**6:00am Cycle 60 (Paula)**

**8:30am Qigong/Tai Chi (Steve)**

**9:30am Pilates Mat (Saria)**

**12:00pm Zumba (Brenda)**

**4:30pm Cardio Muscle (Sarah)**

**5:30pm Cycle 60 (Vincent)**

**5:30pm Yoga Flow (Katie N.)**

### Friday, November 24th

**8:30am Tai Chi (Steve)**

**9:30am Cardio Muscle (Pamela)**

**10:30am HardCORE\* (Pamela)**

**12:00pm Muscle Conditioning (Kieonna)**

**5:30pm Yoga Flow++ (Nick)**

**5:30pm Cycle 60 (Mike)**



*\*HardCORE is a 30-min class.*

*++ Friday's Yoga Flow is a 75-min class.*