

Turkey Burn-Off!

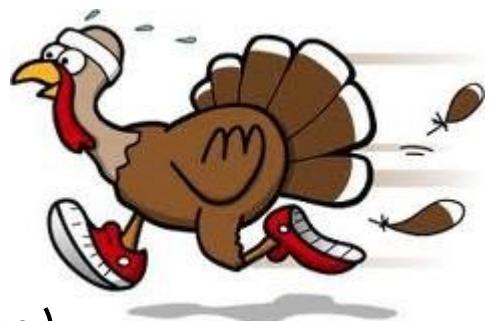
Group Exercise Schedule

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.