

Thanksgiving Holiday Class Schedule for Friday 11/24/23

Land Group Exercise Classes:

High Voltage Cycle 8:00-8:45am Leslie Studio C

Pilates 9:00-9:50am Laura Studio A

Strength for Longevity 10:00-10:50am Laura Studio A

Therapeutic Yoga 10:00-10:45am Cher Studio B

Vinyasa Flow Yoga 11:00-11:50am Cher Studio B

Yoga Core 12:00-12:30pm- Cher Studio B

Pop Up Beginning Tai Chi 2:00-3:00pm Sarah T Studio B

Aquatic Group Exercise Classes:

Deep Water Tabata – 10:00am-10:45am – Sharon

Waves – 12:00pm-12:45pm – Sharon

Aqua classes are in the Therapy Pool