



Please Join us for a morning of Sweat & Fun  
the day after Thanksgiving!  
**All Classes Are FREE for Members & Friends!**

# The Turkey Burn Off is here!

Friday, November 29<sup>th</sup>

8:00a-8:45a - Power Pump with Sarah K.

9:00a-9:45a - Cardio Interval & Weights with Frannie

10:00a-10:45a - Zumba with Lena

11:00a-11:45a - Barre with Laura

12:00p-12:45p - Spin with Sarah P.

1:00p-2:00p - Yoga (all levels) - Linda



HAPPY  
*Thanksgiving*