



THANKSGIVING HOLIDAY SCHEDULE

Thursday, November 27

Club Hours • 4:30 a.m. to 1 p.m.

Kids Active Club • 8 a.m. to 12 p.m.

Family Swim • Closed

PRE-PIGOUT WORKOUT

Mark your calendars! Join the challenge to complete all 3 hours of class offerings before your Thanksgiving feast. This year anyone who completes all 3 hours of classes will receive a Pre- Pigout “Planksgiving” shirt!

Fee: Free for members/\$20 for nonmembers

8 to 8:45 a.m.		ATAC with Jen (CA/CB)	
9 to 9:45 a.m.	Spin with Jen	Total Body Strength with Cleyce (1)	Aqua Bootcamp Heather V. (TP)
10 to 10:45 a.m.		Ageless Aqua with Heather V. (TP)	
10 to 11 a.m.	Alignment Based Yoga with Lynda (2)	Zumba with Pilar (1))	



Rush Copley Healthplex Fitness Center