

THANKSGIVING HOLIDAY SCHEDULE



Thursday, November 25

Club Hours • 4:30 a.m. to 1 p.m.

Kids Active Club • Closed

Family Swim • Closed

Friday, November 26

Club Hours • 4:30 a.m. to 7 p.m.

Kids Active Club • 8 a.m. to 12 p.m.

Family Swim • 1 to 4:30 p.m.

PRE-PIGOUT WORKOUT

Join us on Thanksgiving morning for our annual Pre-Pigout Workout. We have 4 hours of fitness fun to choose from to help burn off your Thanksgiving meal.

Date: Thursday, November 25

Fee: Free for members/\$15 for nonmembers

**Class sizes are limited. Advance registration is required on the Healthplex mobile app or in person. All other classes are cancelled on this day only. Event shirts will be available for \$12.*

8 to 8:45 a.m.	Spin with Teresa (3)	ATAC with Jen (CA/CB)	
9 to 9:45 a.m.	Spin with Jen (3)	On the Ball with Teresa (CA/CB)	Aqua Bootcamp with Heather V. (LP)
10 to 10:45 a.m.	Zumba with Sheyla (1)	Kettlebell with Adam (CA/CB)	Ageless Aqua with Heather V. (TP)
11 to 12 p.m.	Pilates with Karri (2)		

Guests in town who want to workout? Purchase a turkey ticket at the front desk for \$25. The ticket will allow access to the Healthplex from November 21-27.



RUSH

Rush Copley Healthplex Fitness Center