THANKSGIVING HOLIDAY SCHEDULE



Thursday, November 23

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

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 23 **Fee:** Free for members/$20 for nonmembers

**Class sizes are limited. Advance registration is recommended through our mobile app or in person. All other classes are cancelled on this day only.*

8 to 8:45 a.m.	Spin with Teresa	ATAC with Jen (CA/CB)	
9 to 9:45 a.m.	Spin with Jen	On the Ball with Teresa (CA/CB)	Aqua Bootcamp with with Diane K. (LP)
10 to 10:45 a.m.	Zumba with Deb (1)	Barre with Jenine (2) (CA/CB)	Ageless Aqua with Diane K (TP)
11 to 12 p.m.	Restorative Yoga with Judy (2)		

RUSH

Rush Copley Healthplex Fitness Center