THANKSGIVING HOLIDAY SCHEDULE

Thursday, November 26

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

Kick off Thanksgiving with fitness, fun, and community! Earn 1 raffle entry for every class attended, plus 5 bonus entries if you attend all 4 hours of Group Exercise classes.

Prizes in Member Rewards Points: $75, $50, and $25

Rewards Points are non-transferable, expire after one year, and may be used for Pro Shop purchases, Healthplex programs, or services. Points cannot be used toward membership dues.

8 to 8:45 a.m.	ATAC with Jen (CA/CB)		
9 to 9:45 a.m.	Total Body Strength with Cleyce (CA/CB)	Spin with Jen	Aqua Bootcamp Diane K.
10 to 10:45 a.m.	On the Ball with Teresa (1)	Ageless Aqua with Diane K. (TP)	
10 to 11 a.m.	Alignment Based Yoga with Lynda (2)		
11 a.m. to 12 p.m.	Zumba with Karen G.		

RUSH

Rush Copley Healthplex Fitness Center