



## COMMUNITY RECREATION CENTER

# THANKSGIVING WEEKEND 2017

Club Hours

8am – 3pm

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### SPECIAL GROUP SCHEDULES

#### THURSDAY, NOV. 23 – THANKSGIVING DAY

Krav Maga	8:00 – 9:00am	Mind & Body	David
Strength/Cardio	8:00 – 9:00am	Studio A	Lisa
Spin	8:00 – 8:50am	Spin	Chris
Strength Intervals	9:05 – 10:00am	Studio A	Lisa
Spin	9:00 – 9:45am	Spin	Julie
Yoga	9:15 – 10:15am	Mind & Body	Stacy

#### FRIDAY, NOV. 24 – BLACK FRIDAY

Strength	8:00 – 9:00am	Studio A	Stacy
Spin	9:15 – 10:15am	Spin	Leah
Intrinity	9:00 – 10:00am	Mind & Body	Julie
WERQ	10:15 – 11:15am	Studio A	Amanda

#### SATURDAY, NOV. 25

HITT	8:00 – 9:00am	Studio A	Alison
Spin	8:15 – 9:00am	Spin Express	Julie
Strength Training	9:15 – 10:15am	Studio A	Rachelle
Yoga	9:15 – 10:15am	Mind & Body	Stacy

#### SUNDAY, NOV. 26

Yoga	8:00 – 9:15am	Mind & Body	Sarah
Strength Express	9:15 – 10:00am	Studio A	Stacy
Spin Express	10:05 – 10:50am	Spin	Stacy
HITT	10:15 – 11:15am	Studio A	Marta