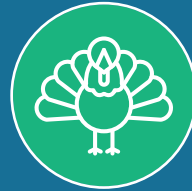


# THANKSGIVING HOLIDAY SCHEDULE



## Thursday, November 28

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 3 hours of fitness fun to choose from to help burn off your Thanksgiving meal.

**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.*

|                       |                         |                                       |                                     |
|-----------------------|-------------------------|---------------------------------------|-------------------------------------|
| <b>8 to 8:45 a.m.</b> | Spin with Teresa        | ATAC with Jen<br>(CA/CB)              |                                     |
| <b>9 to 9:45 a.m.</b> | Spin with Jen           | On the Ball with<br>Teresa (Studio 1) | Aqua Fit with<br>with Diane K. (LP) |
| <b>10 to 11 a.m.</b>  | Zumba with Danielle (1) | Hatha Yoga with Judy (2)              |                                     |



Rush Copley Healthplex Fitness Center