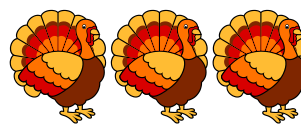


TURKEY & STUFFING

BURN-OFF



FRIDAY, 11/27 (8:00 a.m. - 1:00 p.m.)

The day following Thanksgiving

(NOTE: No regularly scheduled classes on this day.)

ALL CLASSES ARE FREE!

BRING YOUR FRIENDS AND FAMILY!



STEP with Frannie (8:00-8:50)

ZUMBA with Alla (9:00-9:50)

CARDIO INTERVAL with Christine (10:00-10:50)

POWER SCULPT with Krista (11:00-11:50)

SPINNING with Katie (12:00-12:50)

FLOW YOGA with Diane (8:30-10:00)*

(Flow with gratitude-Sweat, Detox and Give Thanks)

GENTLE DEEP STRETCH with Kathi (10:45-12:00)*

*Located downstairs

