

BURN-OFF

FRIDAY, 11/25 (7:30 a.m. - 1:20 p.m.)

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

ALL CLASSES ARE FREE! BRING YOUR FRIENDS AND FAMILY!







SPINNING with Sarah P. (7:30-8:20)

STEP with Francie (8:30-9:20)

ZUMBA with Lena (9:30-10:20)

CARDIO INTERVAL with Christine (10:30-11:20)

BOOT CAMP with Rachel (11:30-12:20)

SPINNING with Katie (12:30-1:20)

