



Please Join us for a morning of Sweat & Fun
the day after Thanksgiving!
All Classes Are FREE for Members & Friends!

The Turkey Burn Off is here!

Friday, November 28th

8:00a-8:55a - Step Aerobics with Frannie

9:00a-9:55a - Power Sculpt with Lena

10:00a-10:55a - Cardio & Barre with Laura

11:00a-12:00p - Gratitude Yoga with Linda

