



Thanksgiving Fitness Schedule

Fitness Schedule

Saturday, October 7th

7 AM to 7 PM

8:00 to 9:00 AM – CycleFit - Mike

9:00 to 10:00 AM – Yoga – Ann Marie

9:30 AM to 10:45 AM – CycleFit – Don/Skip

2:00 to 3:30 PM – Functional Intensity - Skip

Sunday, October 8th

7 AM to 7 PM

9:00 to 10:00 AM – CycleFit – Lee

11:30 AM to 12:30 PM – Bodyblast – Andre

Monday, October 9th

7am to 7pm

5:30 to 6:30 PM – Intense Intervals - Boni

Pool Schedule

Saturday, October 7th

3:30 PM to 6:30 PM – Family Swim

Sunday, October 8th

9:00 AM to 11:30 AM – Lane Swim

3:30 PM to 6:00 PM – Family Swim

Monday, October 9th

10:00 AM to 1:00 PM – Lane Swim

1:00 PM to 4:00 PM – Family Swim

4:00 PM to 5:00 PM – Aquafit – James/Christina