



Thanksgiving Weekend Schedule

Fitness Schedule

Saturday October 6th

8:00 to 9:00 AM – CycleFit – Mike

8:30 to 9:30 AM – Yoga – Ann- Marie

9:30 to 10:45 AM – CycleFit – Margot/Stacie

Sunday October 7th

9:00 – 10:00 AM – Cyclefit – Barry

11:30 AM – 12:30 PM – BodyBlast - Andre

Monday October 8th

Facility hours: 7:00 AM to 7 PM

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

Pool Schedule

Saturday, October 6th

3:30 to 6:00 PM – Family Swim

Sunday, October 7th

9:00 to 11:30 AM – Lane Swim

12:30 to 6:00 PM – Family Swim

Monday, October 8th

10:00 AM to 1:00 PM – Lane Swim

1:00 to 4:00 PM – Family Swim

4:00 – 5:00 PM – Aquafit - Christina