

Thanksgiving Day Fitness Schedule

Thursday, November 22, 2018

- 8:00-9:00 am **Muscle Madness**
with Karen
- 8:30-9:30 am **Cycling**
with Jody
- 9:00-10:30 am **CSI** (Cardio Strength Intervals)
with Jody Lee
- 10:30-11:45 am **Step & Abs**
with Amanda

*We wish you a wonderful
and safe holiday!*

