

FITNESS SCHEDULE

WEDNESDAY NOV. 21ST

FACILITY HOURS: 6AM-7PM

LAST CLASSES OF THE DAY

12 NOON CYCLING & CORE STRENGTH

THURSDAY NOV. 22ND

THANKSGIVING DAY

FACILITY IS CLOSED

FRIDAY NOV. 23RD

FACILITY HOURS: 7AM-6PM

FIRST CLASS OF THE DAY IS

8:15AM CYCLING

LAST CLASSES OF THE DAY ARE

12 NOON CYCLING AND YOGA

FROM OUR FAMILY TO YOURS,

HAPPY THANKSGIVING



THANKSGIVING HOLIDAY SCHEDULES

WEDNESDAY NOV. 21ST

FACILITY HOURS: 6AM-7PM

AQUATIC HOURS: 6AM-6:45PM

NO NOVICE SWIM TEAM PRACTICES SCHEDULED 11/19-11/22

NO MASTERS 11/20-11/24

THURSDAY NOV. 22ND THANKSGIVING DAY

FACILITY IS CLOSED

FRIDAY NOV. 23RD

FACILITY HOURS: 7AM-6PM

AQUATIC HOURS: 7AM-5:45PM

**HAPPY
THANKSGIVING**

