

**Thanksgiving Schedule 2009
Nov 21- Nov 29, 2009
Regular classes resume Nov 30th!**

Saturday Nov 21 and Nov 28

8:05-9:05 Extreme Cycle Ron
9:00-10:00am Hi Def Margaret
10:00-11:00 Kickbox Rebecca

Sunday Nov 22 and Nov 29

No classes

Monday Nov 23, 2009

6:05-7:00am Cycle Terri
8:00-8:45am Cycle Merrill
8:30-9:30am Kickbox Dawn
9:30-10:15am Pliates Sue
10:15-11:00am Cardio Mix Sue
11:00-11:45am Senior Jennifer

6:30-7:30pm Cycle Merrill
7:00-8:00pm Kickbox Rebecca

Tuesday Nov 24, 2009

8:30-9:30 Cycle Theresa
9:30-10:30am Body Sculpt Jen B
10:30-11:00am Cardio Mix w/Zumba Jen B

5:45-6:45pm Cycle Theresa
7:00-7:45pm Body Sculpt Theresa

Wednesday Nov 25, 2009

8:15-9:15am Pilates Jen S.
9:30-10:50am Cardio/Sculpt Jen B/Sue
10:00-11:00am Cycle Theresa

5:30-6:15pm Abs Merrill
6:15-7:00pm Body Sculpt Merrill

Thursday Nov 26, 2009

Closed Thanksgiving

Friday Nov 27, 2009

No classes today!