|--------------|-----------|-----------|-----------|------------|-----------|
| 6:50 – 7:50 AM |           | Early Bird Spin  
    w/ Kathy in Spin Room |           |            |           |
| 12:00 – 12:50 PM | 12:00 – 12:50 PM HIIT Strength Intervals  
    w/ Sheila in gym | 12:00 – 12:50 Yoga  
    w/ Becky in gym | 12:00 – 12:50 Tabata before Turkey!  
    w/ Julie in gym |            |           |

*Class links movement with breath & focuses on core...challenge*

Happy Thanksgiving

Exercise Class Schedule
Week of Thanksgiving: 11/20-11/23