

THANKSGIVING WEEK CLASSES

Monday, November 20

8:30 am Body Sculpt (format change)
All other classes as scheduled

Tuesday, November 21

All classes as scheduled

Wednesday, November 22

6 am Stretch and Flex (format change)
All other classes as scheduled

Thursday, November 23 - Thanksgiving **JCC open 9 am-3 pm**

9:45 am Turkey Burn with Nenna
All other classes cancelled

Friday, November 24

6 am Ultimate Conditioning
7:15 am Senior Fitness
9:45 am Barbell Club
9:45 am Yoga with Gratitude (location change: Exercise Studio)
11 am Tai Chi
All other classes cancelled

