



***BLACK FRIDAY
GROUP FITNESS SCHEDULE***

FRIDAY NOV. 25, 2022

8:30 AM BODYPUMP – Brenda (studio 1)

9:30 AM CYCLE - Destiny (studio 3)

9:30 AM CORE 45 - Amy L (studio 1)

10:30 AM CHAIR YOGA -Amy L (studio 1)

**We hope you had a wonderful
Thanksgiving!**