

The poster features a central text area enclosed in a dashed purple border. The background is decorated with large, overlapping, semi-transparent shapes in shades of purple, orange, and yellow, resembling autumn leaves. The text is written in a purple, cursive font for the title and a bold, purple, sans-serif font for the date and activities.

Thanksgiving Day Group Exercise Schedule

Thursday, November 28th

Body Pump 7:15—8:15 with Katie

TRX Circuit 8-9 with Sara B (in the gym)

Group Cycle 8:30-9:30 with Katie

Yoga 1-2 9-10:15 with Chrissie

Pilates 1.5 9-10 with Nancy

GRIT 9-9:30 with Dominique

TABATA Abs 9:30-10 with Dominique

Cardio Dance 10am with Marina

Center Hours: 7am-noon KIM: Closed

Black Friday
Group Exercise Schedule

Friday, November 29th

Group Cycle 8-9am with Jenn T

Boot camp 8:15-9am with Brittany N

Total Body 9-10am with Brittany N

Yoga Flow 1-2 9-10:15am with Mike

Mat Pilates 2.5 9:30-10:25am with Kathy G

Group Cycle 10-11am with Kim

Yoga Flow 2 10:30-11:15am with Mike

Sit N Fit 10:30-11:15am with Kathy G (pilates room)

Center Hours: 5am-3pm

KIM: 9am-3pm