

# THANKSGIVING SCHEDULE

for Wednesday 11/22, Thursday 11/23 & Friday 11/24  
 Unless noted, days prior to or after a holiday are **regular hours**.

DEPARTMENT	DAY	OPEN	CLOSE
<b>CABANA CAFÉ</b>	Wed. 11/22	7:30AM	1:00PM
	Thurs. 11/23	<b>CLOSED</b>	
	Fri. 11/24	7:45AM	11:00AM
<b>KIDS IN MOTION</b>	Wed. 11/22	8:00AM	2:00PM
	Thurs. 11/23	<b>CLOSED</b>	
	Fri. 11/24	<b>CLOSED</b>	
<b>MEMBERSHIP</b>	Wed. 11/22	8:00AM	6:00PM
	Thurs. 11/23	<b>CLOSED</b>	
	Fri. 11/24	8:00AM	6:00PM
<b>NVSS</b>	11/20-11/24	<b>CLOSED ALL WEEK (Including Water in Motion)</b>	

<b>CLUB HOURS</b>		
DAY	OPEN	CLOSE
Wed. 11/22	Regular	10:00PM
Thurs. 11/23	5:00AM	4:00PM
Fri. 11/24	5:00AM	10:00PM

DEPARTMENT	DAY	CLASS TIME	CLASS	WITH	WHERE
<b>AQUATICS</b>	Wed. 11/22	6:00AM – 7:00AM	Holiday Splash	Dawn	Aqua Pool
		9:00AM – 10:00AM	Holiday Splash	Judy	Aqua Pool
		12:30PM – 1:30PM	Holiday Splash	Nancy	Aqua Pool
	Thurs. 11/23	<b>NO CLASSES</b>			
	Fri. 11/24	9:00AM – 10:00AM	Holiday Splash	Mari	Aqua Pool
<b>FITNESS</b>	Wed. 11/22	5:00AM – 6:00AM	CrossFit	Trevor	Personal Training Studio
		6:00AM – 7:00AM	CrossFit	Chris	Personal Training Studio
		6:00AM – 6:30AM	Triple Shot	Ryan	Personal Training Studio
		8:15AM – 9:15AM	CrossFit	Rex	Personal Training Studio
		9:00AM – 10:00AM	CrossFit	Ryan	Personal Training Studio
		9:00AM – 10:00AM	SuperHit	Chelsea	Personal Training Studio
		10:00AM – 11:00AM	Cross Challenge	Chelsea	Personal Training Studio
	12:00PM – 1:00PM	CrossFit	Rex	Personal Training Studio	
	Thurs. 11/23	7:00AM – 8:00AM	Boot Camp	Marie	Personal Training Studio
		9:00AM – 10:00AM	CrossFit	Ryan	Personal Training Studio
Fri. 11/24	9:00AM – 10:00AM	Cross Challenge	Ryan	Personal Training Studio	
<b>GROUP EX</b>	Wed. 11/22	5:00AM – 6:30AM	HIIT The Road	Marie	Gold Studio
		8:30AM – 9:25AM	Power Cycling	Lora	Gold Studio
		9:30AM – 10:30AM	Zumba	Eduardo	Gold Studio
		9:30AM – 10:30AM	Forever Fit	Leasa	Silver Studio
	Thurs. 11/23	<b>NO CLASSES – Try a Fitness Class for Free (see holiday schedule)</b>			
	Fri. 11/24	6:00AM – 7:00AM	HIIT The Road	Marie	Gold Studio
9:00AM – 10:00AM		Weigh Harder	Adeliz	Gold Studio	
<b>SENIOR WELLNESS</b>	Wed. 11/22	8:00AM – Noon	Fitness - Steph/Nick	Aqua - Erika	
	Thurs. 11/23	<b>NO CLASSES</b>			
	Fri. 11/24	<b>NO CLASSES</b>			
<b>YOGA</b>	Wed. 11/22	6:00AM – 7:00AM	Sunrise Salutations	Samantha	Yoga Studio
		8:00AM – 9:15AM	Yoga Level 1-2	Adeliz	Yoga Studio
		9:30AM – 10:15AM	Chair Yoga	Adeliz	Yoga Studio
		10:45AM – 11:45AM	Gentle Yoga	Adeliz	Yoga Studio
	Thurs. 11/23	<b>NO CLASSES</b>			
	Fri. 11/24	8:00AM – 9:00AM	Yoga Level 1-2	Shannon	Yoga Studio

*"We Are Ladies and Gentlemen Serving Ladies and Gentlemen"*