



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THANKSGIVING FITNESS CLASSES

Join some of your favorite instructors for some special classes on Thanksgiving! We are offering classes in-person to Members!

- 7:15-8:15 AM CYCLE W/ SAM in Cycle Studio
- 8:00-9:00 AM ACTIVE TOGETHER W/ ANNETTE in Studio A
- 8:30-9:30 AM FT W/ STEPHEN in FT/ Turf Area ****PAID CLASS****
- 9:45-10:45 AM ESSENTRICS@ W/ LAURA in Studio A

[Reserve your spot for class on MotionVibe](#)

