



# HOLIDAY GROUP EXERCISE SCHEDULE

## **THURSDAY, NOVEMBER 25 • THANKSGIVING**

**9:30–10:30 AM** • Mat Pilates with Linda • East Studio

**11 AM –NOON** • XaBeat with Heather • Virtual

## **FRIDAY, NOVEMBER 26 • BLACK FRIDAY**

**8:30–9:30 AM** • “Black Aqua” Black Friday Water Aerobics with Bob

**9–9:50 AM** • Burn the Turkey Better Bones with Julie • Virtual

**10–11 AM** • Grateful to Dance with Shira • Virtual

**11–11:45 AM** • Post-Pie Core Class with Cyndi • Virtual

