

BLACK FRIDAY

11/29 Facility Hours: 8am-3pm

Classes Offered:

8am: Gobble Wobble (Cardio Dance)

Instructor Jan in Willow

9am: Heart Strong

Instructor Fred in Willow

10am: Turkey Tabata (Weights and floor exercises)

Instructor Kerry in Studio 1

11am: Gratitude Yoga (Chair assisted)

Instructor Keiko in Studio 1