Thanksgiving Break Week

Monday 11/23/2026

6 am Strong Start, Downtown Aerobic Room
8 am Chair Yoga, Downtown Aerobic Room
9:15 am Silver Sneakers Classic, East Gym
9:15 am Cardio Fusion, Downtown Aerobic room
11 am Yoga, Downtown Multipurpose Room
11:45 am Grab Bag, Downtown Aerobic Room
12:00 pm Enhance Fitness, East Branch Aerobic Room
1:00 pm Rock Steady Boxing, East Branch Aerobic Room
5:30 pm Yoga Downtown Multipurpose Room

Tuesday 11/24/2026

5:15 am Cycle, Downtown Cycle Room
6 am AM Liftoff, Downtown Aerobic Room
8 am Chair Yoga, Downtown Aerobic Room
8:00 am TRX, East Aerobic Room
9 am Barre & Bike Downtown Multipurpose Room/Cycle Room
9:15 am Sculpt and Tone, Downtown Aerobic Room
5:30 pm Classic Cardio, Downtown Aerobic Room
5:30 pm TRX Circuit, East Branch Aerobic Room
6:30 pm Triple Tone, Downtown Aerobic Room

Wednesday 11/25/2026

5:15 am Full Body Shred, Downtown Aerobic Room
7 am Cycle, Downtown Cycle Room
8 am Chair Zumba & Stretch, Downtown Aerobic Room
8:45 am Rev + Flow, Downtown Multipurpose Room
9:15 am Cycle, Downtown Cycle Room
12:00 pm Enhance Fitness, East Branch Aerobic Room
1:00 pm Rock Steady Boxing, East Branch Aerobic Room
5:30 pm Cardio Drumming, Downtown Aerobic Room

Friday 11/27/2026

6 am Cycle, Downtown Cycle Room
9am TRX, East Brach Aerobic Room
9am Cycle, East Branch Cycle Room

Saturday 11/28/2026

7:15 am Cycle, Downtown Cycle Room
8 am TRX, East Branch Aerobic Room
8:45 am Cardio & Strength, Downtown Aerobic Room
10 am Cycle and Core, Downtown Cycle Room