

## Gym Schedule

Thursday, November 24, 2011

5:30 am – 12 pm

### THANKSGIVING SCHEDULE

#### SIDE 1

5:30 am – 8 am Adult Pick-up

8 am – 12 pm Open Gym

#### SIDE 2

5:30 am – 8 am Adult Pick-Up

8 am – 12 pm Teen Pick-Up *Court C*

8 am – 12 pm Youth Open Gym *Court D*

Friday, November 25, 2011

9 am – 1 pm

#### SIDE 1

5:30 am – 9 am Adult Pick-up

9 am – 1 pm Open Gym

1 pm – 4 pm Adult-Pick up

4 pm – 8 pm Open Gym

#### SIDE 2

5:30 am – 9 am Adult Pick-Up

9 am – 1 pm Open Gym

1 pm – 8 pm Teen Pick-up *Court C*

1 pm – 8 pm Youth Open Gym *Court D*

## Group Exercise Schedule

### THURSDAY, NOVEMBER 24

TIME	CLASS	STUDIO	INSTRUCTOR
8:30 am	Cycle	C	Lori
9:00 am	Yoga	R	Ileen
9:00 am	Zumba	GF	Renee
10:00 am	Cycle	C	Jamie
10:15 am	Bootcamp	GF	Maria & Ilya
10:30 am	Yoga	R	Shane

### FRIDAY, NOVEMBER 25

TIME	CLASS	STUDIO	INSTRUCTOR
6:00 am	Cycle	C	Kate
8:15 am	Yoga (1.25 hrs)	R	Paul
8:30 am	Classic Cardio	GF	Laura G
9:30 am	Turbo Kick	GF	Jody T.
9:30 am	Cycle	C	Rich
9:30 am	Yoga	R	Paul
10:30 am	Stretch & Firm	GF	April
11:30 am	Chisel \$	R	Marla
11:30 am	Restorative Yoga	GF	Paul
12:30 pm	Seniors	GF	Volunteer
Yoga Class Cancelled			

## Aquatics Schedule

### THURSDAY, NOVEMBER 24

TIME	CLASS	OPEN/LAP LANE
5:30-8 am	Adults Only	3/2
8 am- 12 noon	Open Swim	3/2
No Classes		

### FRIDAY, NOVEMBER 25

TIME	CLASS	OPEN/LAP LANE
5:30-8 am	Adults Only	2/4
8 am-12 pm	Open Swim	2/3
1:30-2:30 pm	Women Only	3/2
2:30-8:00 pm	Open Swim	3/2

Regular Class Schedule

***On Saturday & Sunday regular schedules for Pool, Gym & Group Exercise are in effect.***

### Holiday guest passes for out-of-town guests

may be purchased *in advance by members* for \$25 for access from  
Wed, Nov. 23 – Sun, Nov. 27.

*Please remember we do not conduct financial transactions or sell guest passes on Saturdays & only valid guest passes issued after 1/1/10 will be accepted*

#### Key:

R = Rzepka Fitness Studios for Yoga & Pilates

GF = Group Fitness Studio

C = Cycle Studio