

THANKSGIVING DAY

Go-N-Gobble



Come join us and be active before your big Thanksgiving Day meal! Bring a canned good to support the local food bank for admission into the facility.

You can enjoy fitness classes, lap swimming, basketball or just a great workout in the fitness center!

8:00-10:00am

Admission: One canned good per person
Canned good donated to local food bank



Modified Thanksgiving Schedule



November 23-27

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Wednesday	5:30A - 6:15A	Studio C	Sara K.
Aqua Challenge	Wednesday	8:00A - 9:00A	Leisure Area 5	Janice K.
Power Hour	Wednesday	8:30A-9:15A	Gym 3	Craig F.
Cycle Burn	Wednesday	9:00A - 9:45A	Cycle Studio	Mary Ann L.
Senior Strength Training	Wednesday	9:00A - 9:45A	Studio R	Nicole R.
Aerobic Waves	Wednesday	9:00A - 10:00A	Leisure Area 5	Aimee E.
Cardio Core	Wednesday	9:00A - 10:00A	Studio C	Cindy C.
Yoga	Wednesday	9:00A-10:00A	Studio D	Kay H.
Aerobic Waves	Wednesday	10:00A - 11:00A	Leisure Area 5	Janice K.
Muscle Mania	Wednesday	10:15A - 11:15A	Studio C	MaryAnn L.
Power Lunch	Wednesday	11:30A - 12:15P	Studio C	Susie W.
Cycle Burn +	Wednesday	12:00P-12:45P	Cycle Studio	Staff
Cardio Core+	Wednesday	12:30P-1:30P	Studio C	Cindy C.
Teen Weight Lifting (12-15)	Wednesday	4:00P - 5:00P	Fitness Center	Craig F.
Get Strong	Wednesday	5:30P - 6:15P	Studio C	Cindy C.
HIIT the Water	Wednesday	5:45P - 6:30P	Leisure Area 5	Pattie E.
Just Spin	Wednesday	6:00P - 6:45P	Cycle Studio	Angela O.
Hot Piyo	Wednesday	6:00P - 7:00P	Studio D	Jenni J.

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Mega Circuit	Thursday	8:15A - 9:00A	DRC Gym 3	Craig F./Jenni J./ Aimee E./Susie W.
Aqua Zumba Mix	Thursday	8:15A - 9:00A	Leisure Area 5	Stephanie S.
Yoga for All	Thursday	9:15A - 10:00A	Gym 3	Kelli F.

No Classes November 25-27

Mega Circuit - Join the DRC "A" team as they take you through a fun and creative circuit style training class. Using multiple equipment to train your body like never before! Our top notch instructors will push your limits while coaching and motivating you through this class.

Yoga for All - This class is designed for all levels! Kelli will lead you through a entry level yoga flow class while focusing on body awareness, deep stretch and breathing techniques.

Aqua Zumba Mix - Classic aqua aerobics with Latin flavor added. Perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.