



Thanksgiving

Natick



WEDNESDAY, NOVEMBER 25

Gym Hours 5:00AM – 11:00PM

Babysitting 8:00AM–12:00PM

5:15am Power Yoga with Susie
6:00am Group Cycle with Donna
9:00am Vinyasa Yoga with Kirsten
9:15am Group Cycle with Shelly
9:30am Zumba with Heidi
10:30am Boot Camp with Judy
5:45pm BODYCOMBAT with Amy
6:45pm BODYPUMP with Amy
All other classes cancelled today

THANKSGIVING DAY

THURSDAY, NOVEMBER 26

Gym Hours 7:00AM-3:00PM

NO BABYSITTING

TWO GREAT CLASSES!

8:00am SUPER 90 MINUTE SPIN

With Donna

**8:30AM KICK YOUR BUTT
BOOT CAMP**

with Wendy

FRIDAY, NOVEMBER 28

Gym Hours 5:00AM–10:00PM

Babysitting 8:00AM–12:00PM

6:00am Group Cycle with Carolyn

**7:00am BURN OFF THE BIRD
BOOT CAMP**

90 minutes with Robin & Marybeth

9:00am Super Step & Abs with Robin

All other classes cancelled today.

Back to regular schedule as of Saturday