



Thanksgiving

ASHLAND



WEDNESDAY, NOVEMBER 25

Gym Hours 5:00AM – 11:00PM
Babysitting 8:00AM–12:00PM

8:45am Zumba with Colleen
9:45am BODYPUMP with Denise
5:30pm BODYPUMP with Joanie
All other classes cancelled today.

THANKSGIVING DAY

THURSDAY, NOVEMBER 26

Gym Hours 7:00AM-3:00PM
NO BABYSITTING

SPECIAL TEAM TAUGHT CLASS

8:00am BODYCOMBAT
WITH DENISE AND KERIN!

All other classes cancelled today.

FRIDAY, NOVEMBER 27

Gym Hours 5:00AM–10:00PM
Babysitting 8:00AM–12:00PM

8:45am BODYPUMP with Kerin
9:45am Boot Camp with Linda
5:45pm BODYPUMP with Denise
6:30pm BODYCOMBAT with Denise
All other classes cancelled today.

Back to regular schedule as of Saturday