

CMRC

GOBBLE WOBBLE WORKOUT WEEK

MONDAY 11/25

BEAST mode before FEAST mode
8:45a-9:30a
JEREMY (15)

Gratitude Yoga
9:45-10:45a
ALEJANDRA (20)

Turkey Torcher (cardio)
11:00a-11:45a
ANGELA (25)

Tone the Bird
5:45p-6:30p
ANGELA (25)

Turkey Day Zumba
6:45p-7:45p
THOMAS (40)

TUESDAY 11/26

Pre Turkey Day Trimmer
8:00a-8:45a
MELANIE (25)

\$ Thankful Motion \$
9:00a-10:15a
ALEJANDRA (20)

STEP Turkey Sizzler
11:00a-11:45a
MELANIE (15)

Hatha Happy Thanksgiving
5:30p-6:15p
TONYA (20)

Turkey Trimmer
6:30p-7:30p
ANGELA (25)

WEDNESDAY 11/27

Kettlebell Turkey Buster
9:00a-9:45a
JEREMY (20)

Pre-Thanksgiving Stretch
10:00a-11:04a
ALEJANDRA (20)

***CLOSING AT 6PM**

SATURDAY 11/30

Black Friday Shake Off (Dance)
9:00a-10:00a
ANGELA (35)

Bird Burn Off
10:15a-11:00a
ANGELA (25)

Trim the Turkey & Post Holiday Stretch
11:05a-11:35a
ANGELA (25)

*ALL CLASSES TAKE PLACE IN THE MEETING ROOM

CMRC
AQUA GOBBLE WOBBLE WORKOUT
WEEK

MONDAY
11/25

Aqua Torch the Turkey

5:30a-6:20a
JEWELL (20)

Turkey Day Sizzler

9:30a-10:20a
LAUREN (35)

Aqua Turkey Buster

10:30a-11:20a
LAUREN (20)

Aqua Bird Float Fit

6:30p-7:15p
Lauren (10)

TUESDAY
11/26

Aqua Burn the Bird

9:30a- 10:20a
LAUREN (35)

Aqua Pre Turkey Day Stretch

10:30a- 11:15a
LAUREN (30)

Aqua Pre Holiday Zumba

6:00p-6:50p
MARIA (30)

Aqua Turkey Buster Core

7:00p-7:50p
SHIELA (20)

WEDNESDAY
11/27

Aqua Torch the Turkey

5:30a-6:20p
LAUREN (20)

Aqua Turkey Day Sizzler

9:30a-10:20a
LIZZIE (35)

Aqua Turkey Buster

10:30a-11:20a
LIZZIE (20)

****CLOSING AT 6PM**