

BACA GOBBLE WOBBLE WORKOUT WEEK

MONDAY 11/25

Rise and Brine

8a-8:45a Aerobics Room
MELANIE (25)

Meet me at the Pie BARRE

9a-9:45a Grand Mtg Room
CHRISTA (22)

TUESDAY 11/26

Torch the Turkey (cardio)

9a-9:45a Aerobics Rm
ANGELA (25)

Tone the Bird & Pre-Dinner Stretch (core and stretch)

10a-10:45a Aerobics Rm
ANGELA (25)

Gratitude Yoga

11a-11:45a Aerobics Rm
ALEJANDRA (20)

WEDNESDAY 11/27

Pre Turkey Day Trimmer

8a-8:45a Aerobics Rm
MELANIE (25)

Tone the Bird & Pre-Dinner Stretch (core and stretch)

9:15a-10:00a Mtg. Rm 2
LAUREN (22)

*tickets for group exercise classes will be handed out 15 min before each class starts. Check in and receive your ticket at the BACA Center front desk

*appropriate exercise clothing and athletic shoes must be worn

*There must be a minimum of 5 participants in class or it will be cancelled.

*participants must give their group ex instructor their ticket at the beginning of class. Participants without a ticket will not be able to attend a group exercise class.