

CMRC

GOBBLE WOBBLE WORKOUT WEEK

MONDAY 11/23

BEAST mode before FEAST mode

8:00a-8:45a
JEREMY (15)
Mtg. Rm

Aqua Turkey Buster

9:30a-10:20a
MELANIE (25)
Pool

Grateful 4T-Zone®

9:30a-10:00a
SHERRY (20)
Mtg. Rm

EVENING

Tone the Bird

5:30p-6:15p
SHERRY (20)
Mtg. Rm

TUESDAY 11/24

Thankful-TRX

8:00a-8:45a
MELANIE (15)
Mtg. Rm

Aqua Burn the Bird

9:30a-10:20a
JEWELL (25)
Pool

STEP Turkey Sizzler

11:00a-11:45a
MELANIE (12)
Mtg. Rm

EVENING

Pre-Turkey day cycle & stretch

5:30p-6:30p
KATHY K. (9)
Mtg. Rm

Aqua Turkey Day Sampler (1/2 Toys& 1/2 Zumba)

5:30p-6:30p
JEWELL (25)
Pool

WEDNESDAY 11/25

Pre Turkey Day Trimmer

8:00a-8:45a
MELANIE (15)
Mtg. Rm

Aqua Torch the Turkey

9:30a-10:20a
JEN S. (25)
Pool

****Closing at
6pm**

**Have a Happy
Thanksgiving!**