Clay Madsen Recreation Center

Thanksgiving Week 2021
Group Exercise Schedule

Monday 11/22/21

8:00A-8:45A
CARVE IT UP
JEREMY (15)

8:30A-9:20A
AQUA DEEP WATER
Wishbone
JEN S. (25)

9:30A-10:20A
AQUA *festive* FUSION
MARIA (30)

9:30A-10:00A
4T*urkey* ZONE W/
*Butter*BALL
SHERRY (15)

10:45A-11:30A
POUND *Plymouth*
ROCKOUT
MARIA (20)

5:30P-6:15P
Pilgrim POWER UP
SHERRY (20)

6:30P-7:30P
Saucy ZUMBA
THOMAS (20)

Tuesday 11/23/21

8:00A-8:45A
Turkey TRX
MELANIE (16)

8:30A-9:20A
AQUA *festive* FUSION
MARIA (30)

9:15A-10:15A
TOTAL BODY
BURN *the bird*
ANGELA (20)

9:30A-10:20A
Gobble AQUA BATA
MARIA (30)

5:30P-6:30P
CYCLE YOGA
festive FUSION
KATHY (9)

6:00P-7:00P
AQUA
Saucy ZUMBA
JEWELL (25)

6:30P-7:30P
Turkey TRX
MELANIE (16)

Wednesday 11/24/21

8:00A-8:45A
Harvest HIIT
MELANIE(15)

8:30A-9:20A
AQUA BURN
the bird
TERI (25)

9:15A-10:15A
TOTAL BODY
BURN *the bird*
ANGELA (20)

9:30A-10:20A
AQUA *Pumpkin*
POWER INTERVALS
TERI (25)

10:30A-11:15A
All the sides:
POWER CORE &
STRETCH
ANGELA (20)

Saturday 11/27/21

8:00A-8:45A
TURKEY SIZZLE
CHISEL
TERI (20)

9:00A- 10:00A
Saucy ZUMBA
THOMAS (20)

10:15A-11:15A
TOTAL BODY
BURN *the bird*
ANGELA (20)

11:30A-12:15p
TURKEY CHASE
SHERRY(9)

We close at 6pm Wednesday and will reopen Saturday at 7am