

Holiday Water Fitness Schedule



Cancellations:

- November 26th – No 4pm Class**
- November 27th – Closed for Thanksgiving**
- November 28th – No 11am Class**
- December 24th – No Classes (closing at Noon)**
- December 25th – Closed for Christmas**
- December 26th – No 11am Class**
- December 31st – No Classes (closing at Noon)**
- January 1st – Closed for New Years**

Additions:

You asked for it! An early morning class...

RISE AND SHINE 6:30-7:15AM

Deep Water Workout – Get up – Get in – Get to work on time!

Upbeat Cardio and Toning Workout!

Friday, December 5

Friday, December 12

Friday, December 19