

Group Ex Thanksgiving Class Schedule

Thursday, November 24

Insanity (GX)

8:30am

Stacy

Barre (MB)

9:30am

Monica

Cycle (CS)

8:30-10am

Shelley

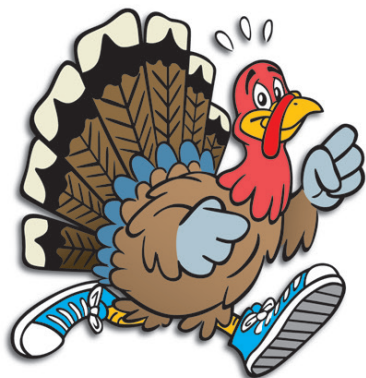
Pilates (MB)

10:30am

Monica

Classes 55 minutes, unless indicated.

CS-Cycle Studio / GX-Group Exercise Studio / MB-Mind-Body Studio



**Happy
Thanksgiving!**

**All regularly scheduled
classes will not be held.**

Contact: Stacey Jacob, 314-442-3453

jccstl.org



Special Group Ex Class

Friday, November 25

INSANITY™

8:30am in the Gym

Instructors:
Stacy

Please bring a canned good to donate to class.

55-minute class



Contact: Stacey Jacob, 314.442.3453

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