

Group Ex Thanksgiving Class Schedule

Thursday, November 24

Insanity (GYM) 8:30am Ashley

Please bring a canned good to donate to class.

Pilates (MB) 8:30am Stacia

Cycle (CS) 8:30am Leslie

Turkey Tabata (GX) 9:30am Patty

Yoga (MB) 9:30am Lindsey

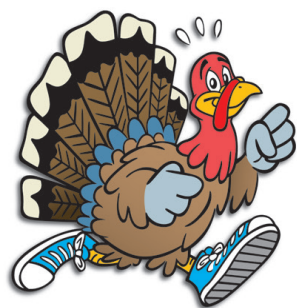
Cycle (CS) 9:30am Kelly

Zumba (GX) 10:30am Heather M.

Yoga (85min) (MB) 10:30am Maria

Classes 55 minutes, unless indicated.

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



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

Contact: Courtney Tucker, 314.442.3210

jccstl.org



Special Group Ex Class

Friday, November 25



ZUMBA®

9:30am in the Gym

**Instructors:
Heather & Laura**

Please bring a canned good to donate to class.

55-minute class



**Happy
Thanksgiving!**

Contact: Courtney Tucker, 314.442.3210

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