

SFC Group Ex Thanksgiving Schedule

Thursday, November 25

GX Studio

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| 8:30am | Turkey Turbo Kick | Patty |
| 9:30am | Zumba | Heather |
| 10:30am | Zumba | Danielle |

Mind/Body Studio

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| 8:30am | Pumpkin Pie Pump | Karen |
| 9:30am | Turkey Barre Blast | Leigh |
| 10:30am | Extreme Conditioning | Clara |

Cycle Studio

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| 8:30am | Gratitude Ride (90 min.) | Leslie |
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Classes 55 minutes, unless indicated.

All regularly scheduled classes will not be held.



Happy Thanksgiving!

Contact: Sarah Amonson, 314.442.3210

