

Dexter Wellness Center Thanksgiving Schedule

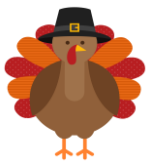


THANKSGIVING EVE

WEDNESDAY, NOVEMBER 24th

***CENTER HOURS: 5:00 am – 8 pm**

- 6:00 am ****Group Cycling Express 45min**
Mara /CS
- 7:00 am ****Vinyasa Yoga**
Lauren K. /MBS
- 8:30 am *****HIIT**
Lauren K. /AS
- 5:30 pm ***Nia**
Megan /MBS
- 6:30 pm ****Zumba®-**
Laura M. /AS
- 6:30 pm ****Vinyasa Yoga**
Megan /MBS



THANKSGIVING

THURSDAY, NOVEMBER 25th

***CENTER CLOSED**

*Wishing you a happy and
healthy Thanksgiving!*

BLACK FRIDAY

FRIDAY, NOVEMBER 26th

***CENTER HOURS: 5:00 am – 5:00 pm**

- 8:30 am *****HIIT**
Shaun /AS



SATURDAY, NOVEMBER 27th

***CENTER HOURS: 7:00 am – 1:00 pm**

- 8:00 am **Vinyasa Yoga**
Rhonda /MBS
- 8:30 am ****BODYPUMP™**
Sarah V /V-Live-CHE
- 9:15 am ****Aqua Power**
Rhonda /LAP

SUNDAY, NOVEMBER 28th

***CENTER HOURS: 7:00 am – 1:00 pm**

- 8:15 am ****Group Cycling**
Dale/CS
- 8:30 am *****HIIT**
Jessica /AS

