

Dexter Group Ex Class Schedule Thanksgiving Weekend

Wednesday, November 23rd- Sunday, November 27th



THANKSGIVING EVE
Wednesday, November 23rd
Center Hours: 5am-8pm

6:00 am **Group Cycling Express (45)

Mara G. /CS

8:30 am **Group Cycling

Brittainy H. /CS

8:30 am ***Cardio Strength

Amanda S. /AS

8:30 am ** Pilates Level I

Stephanie O./ MBS

9:15 am **Aqua Power

Nicole L. /LAP

9:30 am *Yoga by Candlelight

Lauren K. / MBS

9:30 am **Cardio Strength Lite!

Stephanie O. /AS

10:30 am *Pilates Level II

Stephanie O. /MBS

10:30 am **Aquacize with Arthritis

Nicole L. /WARM

5:00 pm **Aqua Energize

Rhonda /WARM

5:30 pm *Nia

Megan F./MBS

6:30 pm **Vinyasa Yoga

Megan F. /MBS

BLACK FRIDAY
Friday, November 25th
Center Hours: 5am-5pm

7:00 am *Aqua Easy Movement

Julie P. /WARM

8:30 am **Yoga/Pilates Hybrid (45)

Cheryl G. /MBS

9:15 am **Aqua Turkey Burn

Nicole L. / LAP

9:15 am *YIN Yoga (45)

Cheryl G. /MBS

9:30am *Nia

Megan F./AS

9:45 am **Foam Roller (45)

Kari G. / Virtual & Live @CHE

10:30 am **Aquacize with Arthritis

Nicole L. /WARM

Saturday, November 26th
Center Hours: 7am-1pm

8:00 am **Vinyasa Yoga

Rhonda C. /MBS

9:15 am **Aqua Power

Rhonda C. /LAP

9:00 am **Barre

Amy H. /AS

10:00 am **Zumba®

Julie M. /AS

11:00 am *Gentle Yoga

Julie M. / MBS

THANKSGIVING
THURSDAY, NOVEMBER 24th

CENTER CLOSED

*Wishing you a happy and
healthy Thanksgiving!*



Sunday, November 27th
Center Hours: 7am-1pm

8:30 am ***HIIT

Jessica /AS

