

*Dexter Group Ex
Class Schedule*

*Thanksgiving Weekend
Wednesday, November 22nd-
Sunday, November 26th*



THANKSGIVING EVE
Wednesday, November 22nd
Center Hours: 5am-8pm

BLACK FRIDAY
Friday, November 24th
Center Hours: 5am-5pm

6:00am **Group Cycling (45)
Mara G. /CS
8:30am *Cardio Strength**
Amanda S. /AS
8:30am **Group Cycling
Lauren K./CS
9:15am **Aqua Power
Nicole L. /LAP
9:30am **Cardio Strength Lite!
Stephanie O. /AS
10:30am **Pilates Level II
Stephanie O. /MBS
10:30am *Aquacize with Arthritis
Nicole L. /WARM
5:00pm **Aqua Energize
Rhonda C. /WARM
5:30pm HIIT Express (45min)
Jennifer L. /AS
6:15pm **Vinyasa Yoga
Rhonda C. /MBS
6:30pm **Group Cycling
Jennifer L. /CS
6:30pm **Zumba®
Laura M. /AS

8:30amYoga/Pilates Hybrid (45)**
Cheryl G. /MBS
9:00 am **2 HOUR GROUP CYCLING
Kelly F. /CS
9:15am **Aqua Power
Nicole L. /LAP
9:15am *YIN Yoga (45)
Cheryl G. /MBS
10:30am *Aquacize with Arthritis
Nicole L. /WARM
4:00pm HIIT Express**
Jennifer L/AS

Saturday, November 25th
Center Hours: 7am-3pm

8:00am **Vinyasa Yoga
Rhonda C. /MBS
9:00am **Barre
Amy H. /AS
9:00am **Group Cycling
Kelly F. /CS
9:15am **Aqua Power
Rhonda C. /LAP
10:15am Functional Flexibility
Kelly F. /CR

THANKSGIVING
THURSDAY, NOVEMBER 23rd

Sunday, November 26th
Center Hours: 7am-3pm

CENTER CLOSED
*Wishing you a happy
and healthy
Thanksgiving!*



8:30am *HIIT**
Jessica H. /AS
9:30am **Group Cycling
Kelly F. /CS