

*Dexter Group Ex  
Class Schedule  
Thanksgiving Weekend  
Wednesday, November 27<sup>th</sup>-  
Sunday, December 1<sup>st</sup>*



**THANKSGIVING EVE**  
Wednesday, November 27<sup>th</sup>  
Center Hours: 5am-8pm

- 6:00am \*\*Group Cycling EXP 45 min**  
Kari. /CS
- 6:00am \*\*\*Full Body HIIT**  
Amanda S. /AS
- 8:30am \*\*Group Cycling**  
Brittainy H. /CS
- 8:30am \*\*\*Cardio Strength**  
Amanda S. /AS
- 8:30am \*Nia**  
Megan F. /MBS
- 9:30am \*\*Cardio Strength Lite!**  
Stephanie O. /AS
- 9:30am \*Quick Core! (30min)**  
Brittainy H./GYM
- 9:30am \*Gentle Yoga**  
Megan F. /MBS
- 10:30am \*\*Pilates Level II**  
Stephanie O. /MBS
- 5:30pm HIIT Express (45min)**  
Jennifer L. /AS
- 6:30pm \*\*Group Cycling**  
Jennifer L. /CS

**BLACK FRIDAY**  
Friday, November 29<sup>th</sup>  
Center Hours: 5am-5pm

- 7:00am \*Aqua Easy Movement**  
Julie P. /WARM
- 8:30am \*\*Yoga/Pilates Hybrid**  
Cheryl G. /MBS
- 9:00am \*\*Group Cycling**  
**2 hour ride!\*\***  
Kelly F. /CS
- 9:20am \*YIN Yoga**  
Cheryl G. /MBS

**Saturday, November 30<sup>th</sup>**  
Center Hours: 7am-3pm

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

**THANKSGIVING**  
**THURSDAY, NOVEMBER 28<sup>th</sup>**

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



**Sunday, December 1<sup>st</sup>**  
Center Hours: 7am-3pm

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