



Thanksgiving Day Classes for November 27th

7:00am-8:00am Nifty Fifty with E-roc (track)

9:00am-10:00am Spin with Bob

9:00am-10:00am Power Pump with Dani

10:00am Bootcamp with E-roc (Track or Outside)

Gym Hours:

6:00am-12:00noon

No Kid Kare

Bring a guest on us!!!!!!

