

# THANKSGIVING HOLIDAY GROUP EXERCISE SCHEDULE

## THANKSGIVING DAY (11/28)

### CAPP CENTER ST. PAUL

Yoga • 9 AM • Ellen • Studio 2  
Cardio Dance • 9:30 AM • Sarah S • Studio 1  
Bodypump • 10:30 AM • Sarah S • Studio 1  
Chair Yoga • 10:30 AM • Ellen • War Vets Room

### SABES CENTER MINNEAPOLIS

Aqua • 8:30 AM • Shelli • West Studio  
Mat Pilates • 9:30 AM • Linda S • East Studio  
Lift n Pump • 10 AM • Laurie • West Studio

### VIRTUAL

Tai Chi • 9 AM • Colin • Zoom

## DAY AFTER THANKSGIVING (11/29)

### CAPP CENTER ST. PAUL

Feast to Fit Bootcamp • 9 AM • Personal Trainers • Gym  
Cycle • 10 AM • Lauren • Studio 4  
Water Aerobics • 10 AM • Christina • Lap Pool  
Stretch for Mobility • 11 AM • Lauren • Studio 2  
Cycle • NOON • Lauren • Studio 4

### SABES CENTER MINNEAPOLIS

Water Aerobics • 8:30 AM • Alex • Lap Pool  
Dance • 9:45 AM • Shira • West Studio  
Silver Sneakers • 11 AM • Shira • West Studio  
Feast to Fit Bootcamp • 11 AM • Personal Trainers • Gym

### VIRTUAL

Yoga • 8:30 AM • Debbie • Zoom

