Thanksgiving

HOLIDAY GROUP EXERCISE CLASSES

THANKSGIVING DAY

Thursday, November 26 | Holiday Hours 5 AM- 1 PM

TRX Fusion with Erin 7:00 am to 7:55 am

Thanksgiving Ride with Peter 8:30 am to 9:25 am

Turkey Burn HIIT with Erin 9:00 am to 9:55 am

Aqua Fit: Gobble & Glide with Alia 9:30 am to 10:25 am

Gratitude Yoga & Stretch with Connie 10:00 am to 10:55 am

BLACK FRIDAY

Friday, November 27 | Normal Hours 5 AM- 8 PM

Warm Water Wake Up with Sue 7:30 am to 8:25 am

Dumbbells & Doorbusters with Darcy 8:00 am to 8:55 am

Ride Into the Weekend with Adrianne 9:00 am to 9:55 am

Dance Into the Holidays with Rachel 9:30 am to 10:25 am

Breathe, Stretch & Restore with Carole 10:00 am to 10:55 am

UPPER VALLEY AQUATIC CENTER

Register at the Welcome Desk
802.296.2850 ex 0