



## Thanksgiving Holiday 2025

### Group Fitness Schedule

|                            | Essex  | West Twin Oaks Terr  | EAAP   |
|----------------------------|--|--|--|
| <b>Wednesday<br/>11/26</b> | <b>9:00am BODYBALANCE</b> Charissa<br><b>10:15am Les Mills Functional Strength (45 min)</b> Kim<br><b>11:15am Indoor Cycle</b> Linda<br>Class held in cycle studio<br><br><b>5:30pm BODYPUMP</b> Linda | <b>6:00am BODYATTACK</b> Jessie<br><b>8:00am BODYCOMBAT</b> Kim<br><b>8:15am Essentrics® (K2) (EAAP approved)</b> Nicole<br><b>9:15am BODYPUMP</b> Donna<br><b>10:30am Zumba Gold (EAAP Approved)</b> Ciara<br><br><b>4:30pm BODYPUMP</b> Jason                                    | <b>9:00am Aqua Fit (Morse Dr Essex)</b> BJ<br><b>9:00am Aqua Fit (Eastwood Dr SB)</b> Kolton<br><br><b>12:00pm Les Mills THRIVE (45 min) (Gauthier Dr. Group Fit Studio)</b> Brian<br><b>1:15 pm Fit for Life 1 (Gym – Gauthier Dr. Essex)</b> Brian |
| <b>Thursday<br/>11/27</b>  | <b>Happy</b>   | <b>Thanksgiving</b>  | <b>No Classes</b>  |
| <b>Friday<br/>11/28</b>    | <b>8:30am BODYPUMP</b> Andrew<br>Class held in the gym<br><br><b>*9:30am BODYCOMBAT</b> Andrew   | <b>7:00am BODYSTEP (45 min)</b> Kari<br><b>8:00am BODYPUMP</b> Katie<br><b>8:15am Essentrics® Apprentice Class (K2) (EAAP approved)</b> Sharon<br><b>9:15am Les Mills CORE</b> Donna<br><b>10:00am Mindful Yoga (K2) 90 min class</b> Eric<br><br><b>12:00pm RPM (cycle)</b> Njama | <b>9:00 am Aqua Walking Workout (AWW) (Morse Drive Essex)</b> Nancy<br><b>9:00 Aqua Fit (Eastwood Dr SB)</b> Wendy<br><br><b>1:15 pm Fit for Life 1 (Gym – Gauthier Dr. Essex)</b> Brian   |
| <b>Saturday<br/>11/29</b>  | <b>8:15am Step, Strength &amp; Core</b> Makeey<br><br><b>8:30am Indoor Cycle</b> Jaime<br>Class held in the cycle studio<br><b>9:30am BODYCOMBAT</b> Beth<br><b>*10:30am LM SHAPES (45 min)</b> Beth   | <b>8:15am LM SHAPES (45 min)(K2)</b> Beth<br><b>8:00am BODYSTEP</b> Kari<br><b>9:15am BODYPUMP</b> Linda<br><b>9:15am Indoor Cycle (45 min)</b> Karyn<br><b>9:15am Qigong (K2) (EAAP approved)</b> Brian<br><b>10:30am Zumba</b> Lynn  | <b>10:30am Cardio Surge (Eastwood Drive SB)</b> Cindy  |
| <b>Sunday<br/>11/30</b>    | Regular  | Class  | Schedule   |

Virtual schedule available online

