

# Thanksgiving Schedule For GroupFit Classes

## Wed, Nov. 22

Last class of the day

GHF Women  
Tai Chi 11-12p

GHF Tioga  
Yoga 12-1:15p

GHF Main  
Indoor studio closed Nov. 20-26  
for floor resurfacing

Aqua & Cycle  
No classes held

## Thurs, Nov. 23

All locations are closed.



## Fri, Nov. 24

These are the only classes offered

GHF Women  
BODYPUMP 9:45-10:45a  
Zumba Express 11-11:30a  
Stretch Express 11:30-12p

GHF Tioga  
Tai Chi 11-12p  
Gentle Motions 12-12:45p  
Simply Stretch 1-1:30p

GHF Main  
Aqua  
8:30-9a Gentle Joints  
9-9:50a Aqua HIIT

Cycle  
9-10:30a FriYay Pedal Party  
4:30-5:20p Classic Rock Ride

## Sat, Nov. 25

Normal schedule resumes at GHF Tioga  
GHF Women. GHF Main studio is  
closed for resurfacing Nov. 20-26