

# Loyola Center for Fitness

## Thanksgiving Holiday Group Fitness Schedule & Center Hours

### **Wednesday, November 27th**

#### **Center Hours 5am-8pm**

*Regular schedule but please note these updates for the day -*

*No 8:15am Zumba Fitness*

*The 11:30am Absolutely Abs & 12:00pm Tabata classes are on the basketball court today.*

*No 3:30pm Pilates Mat*

### **Thursday, November 28th**

#### **Center Hours 7am-1pm**

*Happy Thanksgiving!*

**7:15am Thanksgiving Bootcamp**  
*with Morgan (bball crt)*

**8:10am Aqua Fit** *with Sandra*

**8:30am Group Active™** *with Jaime*

**9:15am Aqua Fit** *with Sandra*

**9:30am 30m Work It Circuit** *with Ben (bball crt)*

**10:00am Cycling** *with Maggie*

### **Friday, November 29th**

#### **Center Hours 7am—8pm**

**8:15am Yin Yang Yoga** *with Christina*

**8:30am Cycling** *with Morgan*

**9:30am Group Power** *with Morgan*

**10:45am Body Works** *with Nicole (bball ct)*

**12:15pm Cycling** *with Nicole*

**6:15pm Work It Circuit** *with Ricky (bball ct)*



### **Saturday, November 30th**

#### **Center Hours 7am—5pm**

**7:30am Aquata Tabata** *with Terry*

**7:30am Zumba** *with Maria*

**8:30am Aqua Fit** *with Terry*

**8:30am Group Active™** *with Tammy*

**9:30am Cycle Training** *with Maggie*

**9:35am Group Power™** *with Tammy*

### **Sunday, December 1st**

#### **Center Hours 7am—5pm**

**10:30am Hatha Flow** *with Ailin*

*Registration required for aqua classes. Lanyard required for cycling classes (at front desk).*