



thanksgiving

Hours and Group Exercise

Wednesday, November 25

Club Hours: 5:00 am to 8:00 pm
Membership Offices closed
Day Care Hours: 8:00 am to 12
pm/3pm-6:30pm
KG Hours: 3pm-6pm

All 501Fit classes are cancelled.

Wednesday's Group Exercise Schedule

7:30 - 8:15 am - Dynamic Mobility (Shaun)
9:00 - 9:55 am - AquaFit (Kristyn)
9:30 - 10:30 am - Circuit Training (Charla)
10:15 - 11:15 am - Yoga Vinyasa Flow (Lupe)
10:30 - 11:15 am - 501Fit "Jamski" (Charlie)
11:30 - 12:15 pm - Silver Sneakers - Strength
and Range of Motion (Holly)

All classes starting at 1:00 pm and later are
cancelled.

Thursday, November 26

THE CLUB IS CLOSED but we highly
encourage you to "Trot" with us. The
annual Go!bbler (our local Turkey Trot) is
going virtual and you can still donate,
run/walk/hike and win! (See how at
nlrac.com.)

Friday, November 27

Club Hours: 8:00 am to 7:00 pm
Daycare Hours: 8:00 am to 12:00 pm/
3pm-6pm
KG Hours: 3p-6pm
The Membership and Business Offices will
be closed.

All 501Fit classes are cancelled.

Friday's Group Exercise Schedule

9:30 - 10:30 am - Circuit Training Wobble
Gobble - Gym (Charla)
All other classes are cancelled.

Saturday, November 28

The Club, Day Care and Kids Galaxy
hours return to normal.

Saturday's Group Exercise Schedule

8:15-8:45 am - Sculpt Express (Kerry)
9:00 - 10:00 am - Step (Kerry)
9:00 - 9:45 am - Group Cycling (Sherece)
10:15 - 11:15 am - Yoga Vinyasa Flow (Lupe)

Out of School Fun Days

We have action packed adventure planned in the Kids Galaxy on Monday, Tuesday and Wednesday (November 23 - 25). You can register for one, two or all three days by contacting us at 501-812-5555. Please bring swimwear, a floating device, and goggles!