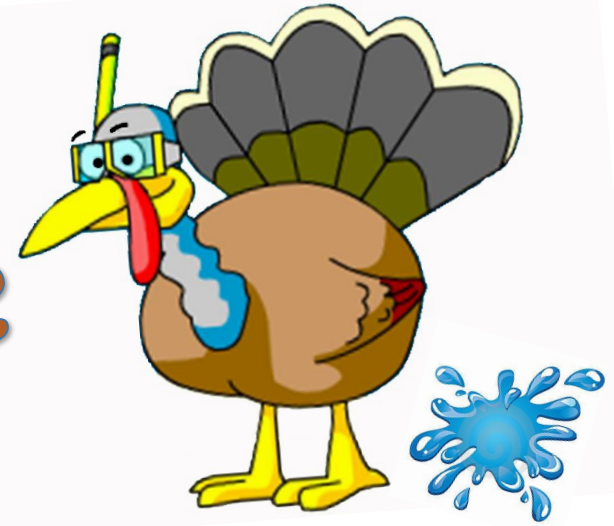


# Turkey Burn

## Water Ex Style

### Friday, Nov 23<sup>rd</sup>



7:30-8:30am  
Constant Cardio

8:00-8:30am  
Aqua Blast

8:30-9:00am  
Holiday HIIT

9:00-9:30am  
Turkey Burn

9:30-10:00am  
Constant Cardio

10:00-10:30am  
Gobble Till We Wobble

10:30-11:00am  
Aqua Blast

11:00-11:30am  
Ai Chi

*Get Fit After Your Thanksgiving Feast*