

HAPPY THANKSGIVING!

holiday
group
exercise
classes

Thanksgiving Day

- TRX with Anh 9:00-9:45 AM
- Zumba with Anh 10:00-11:00 AM
- Warm Water Essentials with Sue 8:00-9:00 AM
- Yoga with Amy 8:00-9:00 AM
- Cycling with Adrienne 8:00-9:00 AM

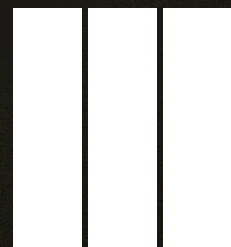
Grate-Full Friday

- Stronger Together: Black Friday Edition with Erin 9:00-10:00 AM
- Line Dancing with Rachel 10:00-11:00 AM
- H2O with Melissa 8:00-8:55 AM
- Grateful Yoga with Carole 10:00-10:55 AM
- Cycling with Amy 9:00-9:55 AM



Register at the Welcome Desk
802.296.2850 ex 0 | welcome@uvacswim.org
Questions? Contact Erin
802.296.2850 ex 112 | ebuck@uvacswim.org

UPPER VALLEY



AQUATIC
CENTER