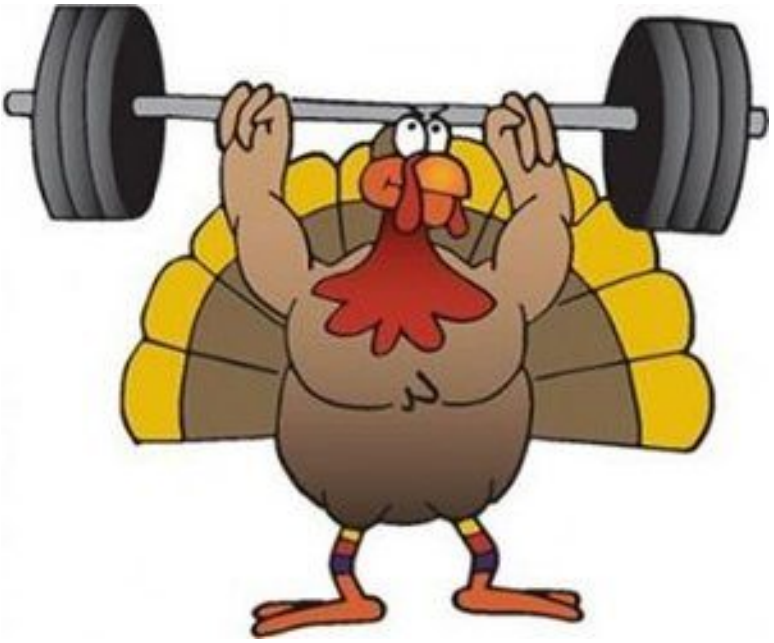
Turkey Burn Schedule
11/27-11/28

Oak Park:



Friday 11/27:
5:45am Strength for All w/ Alison

Saturday 11/28:
9:00am Cardio Peak w/ Donna

Parkwood:

Friday 11/27:
6am Cardio Strength w/ Cheryl
9am Yoga w/ Janet
10:15am 4-Quarters w/ Patty V
12:15pm Pilates w/ Bill

Saturday 11/28:
8am Mat Pilates w/ Jen
10:00am Stretch w/ Bill

Earvin "Magic" Johnson:

Friday 11/27:
6:00am Movin' and Groovin' w/ Angela
8:15am Core & Restore w/ Monica
8:30am EnhanceFitness w/ Chris
9:05am Strength Basics w/ Monica
10am Silver Sneakers w/ Bill

Saturday 11/28:
7:00am Strength & Flexibility w/ Ken
10:00am Suspension Training w/ Georgeann

**Check online calendar for any changes Weds 11/25*