Open Thanksgiving Day

8:00 a.m. to 12:00 p.m.

FREE Group Fitness Classes and Free Babysitting

FOR MEMBERS AND NON-MEMBERS

FREE Special Class Schedule:

Boot Camp 8:15 a.m. - 9:00 a.m. (Gym)

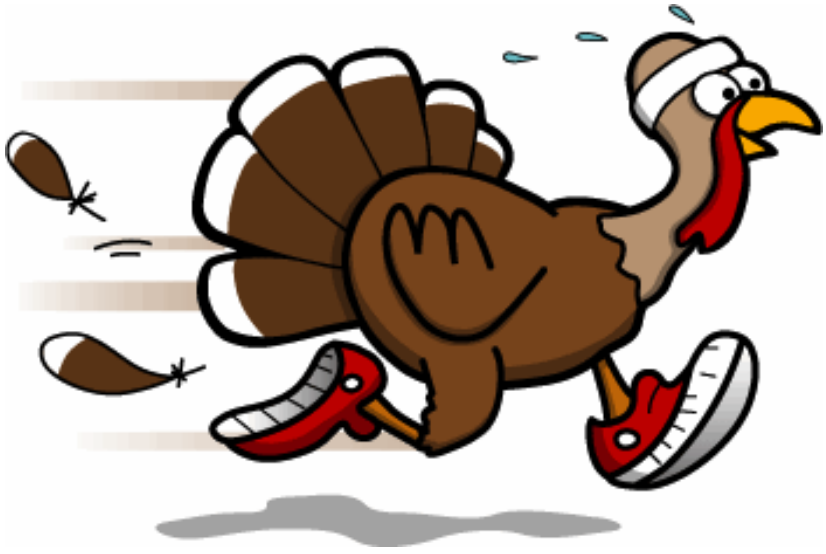
Group Cycle 8:15 a.m. - 9:00 a.m. (Cycle Studio)

Deep Water 9:00 a.m. - 10:00 a.m. (Pool)

BodyPump 9:15 a.m. - 10:00 a.m. (Aerobics Room)

Zumba 9:15 a.m. - 10:00 a.m. (Assembly Room)

BodyCombat 10:15 a.m. - 11:00 a.m. (Assembly Room)

ephrata recCenter

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