



# Pre and Post Turkey Day Workout

@ SunUte



Reservations are required for this event.

Sign-up early in person or by calling SunUte @ 563-0214

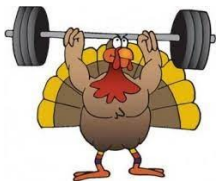
## Pre Turkey Day Burn– Wednesday, Nov. 24th

**6:30am– SPRINT/ Core (24/7 members)**

**8:30am– BodyCombat**

**9:10am– BodyPump (full hour)**

**12-1pm– BodyCombat/BodyPump (30/30)**



## Post Turkey Day Burn– Friday, Nov. 26th

*8am-SPRINT/Core 24/7 members only!*

10:15am– BodyStep –GX room (30min)

*10:15-11:15am– Water Fitness (pool)*

10:50am-BodyPump– GX room (full hour)

10:15am– BodyCombat– Capote Room (45min)

11:00am– Core-Capote Room (45min)

10:15am– SPRINT– Mouache Room

11:10am– RPM– Mouache Room (45min)