

HAPPY

Thanksgiving

## HOURS OF OPERATION

**- WEDNESDAY, NOVEMBER 22 -**  
GroupX classes scheduled as usual through noon.

Modified Evening Class Schedule:

5:30 p.m. | BodyPump | Gym

6 p.m. | Aqua Zumba | Lap Pool

**- THURSDAY, NOVEMBER 23 -**  
**THANKSGIVING DAY**



Facility Closed

**FRIDAY, NOVEMBER 24**

Institute Hours - 6 a.m. - 5 p.m.

Hideaway - CLOSED | Spa - CLOSED | No GroupX Classes

**SATURDAY, NOVEMBER 25**

Facility & GroupX class schedules will resume as usual.

Spa - Closed



**CHRISTUS® GOOD SHEPHERD**

Institute for Healthy Living