



THANKSGIVING

Fitness Schedule

Cycle
7:15am
with Amanda

Cycle
8:30am
with Amanda

Cardio
Kickboxing
9:30am
with Kari
Open to non-members!

Yoga
9:30am
with Erin

All classes will be on-site at Western with a maximum participant limit. Sign up for classes on the Western Virtuagym app or online portal. Please do not sign up for more than one cycle class, in order to give as many people as possible a chance to participate! Cardio Kickboxing will be held outdoors, weather permitting. In the event of inclement weather, Cardio Kickboxing will move to Zoom.

Club Hours | 7:00am-12:00pm

