

Join us on Thursday, November 26 for our
"before you eat" Thanksgiving workouts and

burn the

TURKEY

Our 30-minute classes are designed to help you burn calories
before your feast, keeping you fit and healthy around the holidays.

Turkey Spin | 8:00 AM
Pool Deck (45 mins)

Give Thanks with WEIGHTS | 9:00 AM
Gym (45 mins)

Vinyasa Flow | 9:00 AM
Ballroom (30 mins)

Stretch | 9:30 AM
Ballroom (30 mins)

Hip Hop Pilates | 10:00 AM
Ballroom (30 mins)

Ballet Barre | 10:30 AM
Ballroom (30 mins)

For more information, contact Member Services
at 813.575.5900 or fitness@bgfjcc.com.



522 North Howard Avenue | Tampa, FL 33606