

Join us on Thursday, November 25 for our
"before you eat" Thanksgiving workouts to

GOBBLE AND Wobble

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

HIIT | 9:00 AM
(30 mins)

Vinyasa Yoga | 9:30 AM
(30 mins)

Power Core | 10:00 AM
(30 mins)

Barrelates Bootcamp | 10:30 AM
(30 mins)

All classes will be held in the J Studio.

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

522 North Howard Avenue | Tampa, FL 33606

