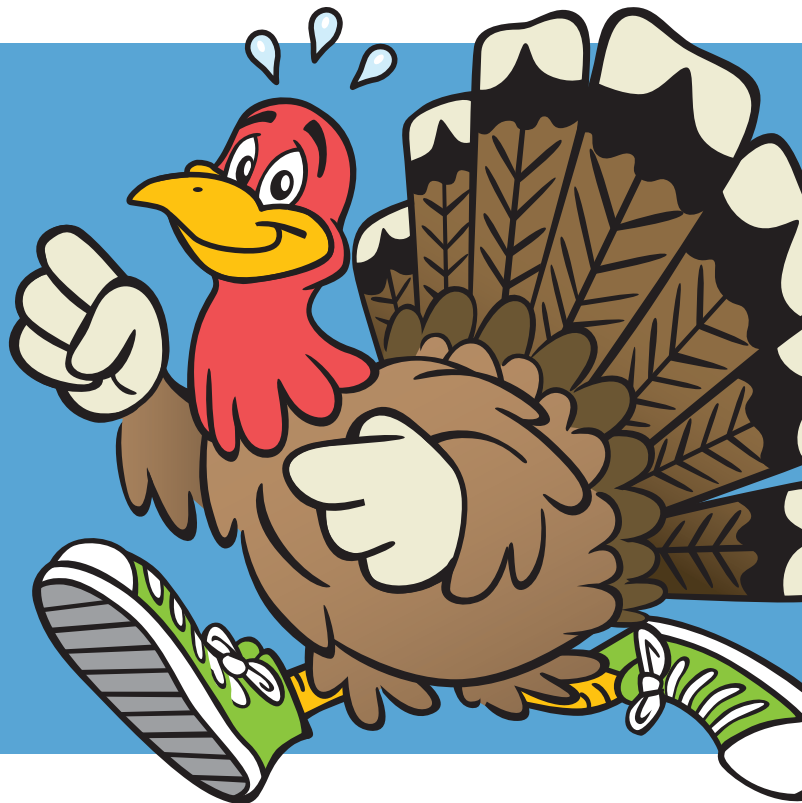


This Thanksgiving...

LET THE TURKEY BURN



SPIN CIRCUIT TRAINING YOGA

Load up your exercise plate this Thanksgiving with a cardio-pumping, calorie-busting, calm-inducing combo of three classes in one hour, each designed to complement the others for a comprehensive workout that leaves you ready to tackle both Thanksgiving dinner and the leftovers.

WHEN:

- ▶ **Wednesday, November 24, 8am - 9am**
- ▶ **Thursday, November 25, 9am - 10am**

Register by Tuesday, November 23, at the Front Desk or online at healthfit.clubautomation.com.

To help support a food drive benefitting All Faith's Food Bank, please bring a canned good for donation.

For more information, call (941) 917-7000.