

Thanksgiving Week of Wellness

11.23 - 11.27

MONDAY - TURKEY TOSS

COMPETE IN A HALLWAY TURKEY (SANDBAG) TOSS. FIND ANY STAFF MEMBER TO COMPETE AGAINST ANY TIME YOU ARE IN. COMPETITION ENDS ON 11/29

TUESDAY - RECHARGE YOUR MIND VIRTUALLY

PREPARE YOUR MIND AND DESTRESS WITH VIRTUAL MEDITATION AND YOGA. WILL BE POSTED IN VIRTUAL FB GROUP

WEDNESDAY - VIRTUAL TURKEY BURN WORKOUT

JOIN FITNESS DIRECTOR, CARLIE, AND PERSONAL TRAINER, JASON, FOR THEIR VIRTUAL TURKEY BURN WORKOUT! WILL BE POSTED IN VIRTUAL FB GROUP

THURSDAY - TURKEY DAY CARDIO CLASSES AT THE J

SPINNING 8:05A
GRIT STRENGTH 9:15A
GRIT CARDIO 10:00A
BUILDING OPEN 8:00-2:00P

FRIDAY - BLACK FRIDAY BURN & TURKEY B-BALL

TURKEY B-BALL IS AN ALL AGE COMPETITION FOR TEAMS OF TWO TO COMPETE IN BASKETBALL CONTESTS
SIGN UP ON MINDBODY FOR YOUR TEAM'S TIME SLOT
SPINNING 9:00A
BODYPUMP 10:00A
BUILDING OPEN 8:00-5:00P

**SIGN UP FOR ALL CLASSES OR A FITNESS
CENTER TIME ON MINDBODY**

QUESTIONS? CONTACT FITNESS DIRECTOR, CARLIE SNYDER
CSNYDER@COLUMBUSJCC.ORG

WE ARE THE
COLUMBUSJCC.ORG

