FREE

Join Carolyn for a 60

-

minute post

-

Thanksgiving workout

& light breakfast.

**FRIDAY**

**November 2**

**4**

**, 2017 6:30**

**AM**

**–**

**7:30**

**AM**

Start with a total body warm

-

up and dynamic stretch,

followed by Tabata interval workout of cardio and

strength training. This class will end with a cool down and

static stretch.

