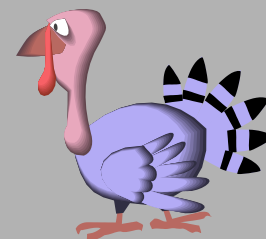


Thanksgiving Day Schedule

Hours
7am-12pm

Earn Your Bird at Sachs



| Room | Activity | Time | Ages |
|-----------------------------------|---|--|------------------|
| Fitness Center & Track | Fitness, walk, run | 7:00am-12:00pm | 16+ |
| Pool | Lap Swim | 7:00am-12:00pm | 16+ |
| Kids Korner | Babysitting | 8:00am-11:30am | 16+ |
| Bulls Gym | Open Gym | 7:00am-12:00am | 16+ |
| | Family Gym | 7:00am-12:00pm | Any Age W/Parent |
| Group Exercise Studio | Warrior 450 ~~ Amy | 8:00am-8:50am 48 hour advance sign-up | 16+ |
| | Zumba ~~ Lucy | 9:00am-9:50am | 16+ |
| Group Exercise 2 | Foam Roll/Stretch/Core ~~ Selima | 10:00am-10:45am | 16+ |
| Cycle Studio | Indoor Cycle ~~ Amy | 9:00am-9:50am 48 hour advance sign-up | 16+ |
| Gym A | Open Gym | 7:00am-9:00am | 16+ |
| | Turkey Chaos ~~ Ellen | 10:00am-11:15am | 16+ |
| Gym B | Family Gym | 7:00am-9:00am | Any Age W/Parent |
| Mind/Body Studio | Gentle Yoga ~~ Selima | 9:00am-9:50am 48 hour advance sign-up | 16+ |
| | Yoga Flow ~~ Tatiana | 10:00am-11:00am 48 hour advance sign-up | 16+ |

All Guests
Fitness Center & Exercise Classes*
 Resident = \$12
 Non-Res = \$15
 FREE = With an SRC Member

Open Gym*
 \$6 Per Person ~~ \$10 Per Family

Kids Korner
 \$8 per child

*No Charge for Fitness Center Members

Turkey Day Raffle

Earn points to be entered into a raffle for (10) 1-Month Free Memberships

**1 Point for each of the following:
 Attendance//Group X Class//
 Complete WOD (Workout of the Day)//Bring a guest//Social media selfie post tagging SRC**



Sachs Recreation Center
 455 Lake Cook Road
 Deerfield // Phone: 847-572-2600

