



NOVEMBER

CALENDAR OF EVENTS

Please sign up for all events on the Fitness World App or at the Front Desk.

INTRO TO GROUP CYCLING

Saturday, 11/10 @ 11AM

Led by Brock

New to indoor cycling? This crash course is for you! Join Brock to learn all of the techniques, terminology and basics needed for indoor cycling. Participants will learn how to set up their bike correctly and get a feel for how each class is structured.

ANNUAL TURKEY BOWL

Thanksgiving Morning, 9am-1pm

Thursday 11/22

Join us for Fitness World's annual Turkey Bowl at Herndon Park the morning of Thanksgiving! Every year we hold this touch football game for members & family to have fun and burn some calories during the Holiday season. Registration forms are located at the Front Desk.

Herndon Park: 511 Scott King Rd, Durham NC 27713

HOLIDAY HUSTLE CHALLENGE

Challenge runs the whole month of November!

Participate in our first ever, Holiday Hustle Challenge during November to win special prizes! For this challenge any members who attend 15 Group Exercise classes during November will receive 1 free Barre or AMP class, in addition to being put in a drawing for a giftcard to Sprouts or Bean Traders.

See our "Holiday Hustle" poster in the Group Ex room to add your name to the list. For every class you attend mark a space with an 'X'!

HOLIDAY HOURS

Thursday 11/22 - CLOSED

Happy Thanksgiving!

Friday 11/23 - 8AM-8PM

Kid's Room open 9am-1pm

Limited Class Schedule