



Thanksgiving

@ NLRAC

Friends and Family Weekend

Your friends and family are welcome to join you at the Club free of charge Thanksgiving weekend, November 26 - 28. All friends and family must be accompanied by a member to gain admittance into the Club.

Hours and Group Exercise

Wednesday, November 24

Club Hours: 5:00 am to 9:00 pm
KG and Day Care Hours: 8:00 am
to 12:00 pm; 3:00 pm - 7:30 pm

8:30 am Step Class and all
afternoon and evening Group
Exercise classes starting at 1:00 pm
are cancelled.

Thursday, November 25

THE CLUB IS CLOSED but we
highly encourage you to “Trot” with
us. The annual Go!bbler (our local
Turkey Trot) starts at 8:00 am on
Thanksgiving! Of course, we
encourage the activity but the most
important part of the event is the
food donation. To help, we are
collecting food items at the Club
the week of Thanksgiving so please
be generous.

Friday, November 26

Club Hours: 8:00 am to 8:00 pm
KG and Day Care Hours: 3:00 pm to
7:00 pm
The Business Offices will be closed.

Group exercise

9:30 - 10:30 am Mix it Up - Charla
All other group exercise classes are
cancelled.

Saturday, November 27

Both the group exercise schedule and
the Club, Day Care, and KG hours
return to normal.