



thanksgiving

Hours and Group Exercise

Wednesday, November 25

Club Hours: 5:00 am to 9:00 pm

Membership Hours: 9:30 am - 5:00 pm

DUC and Day Care Hours: 8:00 am to 5:00 pm

All afternoon and evening Group Exercise classes starting at 1:00 pm are cancelled.

Thursday, November 26

THE CLUB IS CLOSED but we highly encourage you to “Trot” with us. The annual Go!bbler (our local Turkey Trot) is going virtual and you can still donate, run/walk/hike and win! (See how at Irac.com) Of course, we encourage the activity but the most important part of the event is the food donation. To help, we will be collecting food items at the Club the week of Thanksgiving so please be generous. (You can find a list of requested items at Irac.com.)

As the Arkansas Foodbank explains, “In 2019, the Go!bbler Turkey Trot helped provide 12,000+ meals through food and monetary donations from runners and spectators for our neighbors facing hardships. Fast forward to Thanksgiving 2020 and the challenges of coping with COVID-19 have affected us all in major ways. Especially those who faced food insecurity even before the pandemic. In Arkansas, the food insecurity rate has jumped from 17% to over 23%. For children, the rate has jumped from 23% to 33% due to school closures, virtual learning, and caregivers’ loss of income from furloughs and layoffs. While many are missing their friends and normal activities, think of those who are more concerned with putting food on their table. Let’s keep the momentum of this Thanksgiving tradition by donating food or funds again during this year’s drive benefiting Arkansas Foodbank.”

Out of School Fun Days

Melody has action packed adventure planned in the Down Under Center on Monday, Tuesday and Wednesday (November 23 - 25). You can register for one, two or all three days by calling the DUC at 225-3601, ext. 324.

Thanksgiving Week Programming Notes

Daytime tennis leagues are cancelled Monday, November 23 - Saturday, November 28. Evening leagues should coordinate their schedules with Sharon.

Tennis Academy groups are cancelled Monday, November 23 - Sunday, November 29.

Performance Academy groups are cancelled Thursday, November 26 and Friday, November 27.

Pickleball Open Play is cancelled on Wednesday, November 25 but will be held Sunday, November 29.

Pickleball Leagues are cancelled Sunday, November 29.

Swim team is cancelled Wednesday, November 25 - Friday, November 27.

Swim Lessons are cancelled Thursday, November 26 and Friday, November 27.

Rock Steady Boxing is cancelled on Wednesday, November 25 and Thursday, November 26.

RazorFit is cancelled Wednesday, November 25 at 5:00 pm and 6:00 pm as are all Friday, November 27 classes.

Friday, November 27

Club Hours: 8:00 am to 7:30 pm

DUC and Day Care Hours: 8:00 am to 5:00 pm

The Membership and Business Offices will be closed.

Friday's Group Exercise Schedule

We're trying something new! It's called Piloxing and it's a non-stop, cardio fusion of standing pilates, boxing and dance.

8:30 - 9:30 am Piloxing (Wendy - Gym)

9:00 - 10:00 am AquaFit - (Shaun)

9:45 - 10:45 am Hip Hop Cardio (Beverly - Gym, registration required)

Kick off the season by wearing your ugly Christmas sweater for our “Wobble Cuz U Gobble” special Burn 30 classes.

10:00 - 10:30 am Burn 30 (Amanda - The Box, registration required)

10:45 - 11:15 am Burn 30 (Amanda - The Box, registration required)

11:00 Yoga Stretch (Beverly, registration required)

All other classes are cancelled.

Saturday, November 28

The group exercise schedule and the Club, Day Care and DUC hours return to normal. The Membership Office will be open from 10:00 am to 2:00 pm.