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THANKSGIVING DAY



MAKE ROOM FOR THOSE THANKSGIVING FEAST CALORIES WITH OUR PERSONAL TRAINERS!

MEMBERS CAN SIGN UP THROUGH MIND-BODY APP OR IN PERSON AT MVFH. OPEN TO NON-MEMBERS

**\$5 PER PERSON
LIMIT 16 PER CLASS**



**7 AM - 8 AM
WITH SUMMER**

**8 AM - 9 AM
WITH LASA**

