

SPORTS CLUB HOURS









Mon-Thurs: 4:45am - 9:00pm
 Friday: 4:45am - 9:00pm
 Saturday: 7:45am - 7:00pm
 Sunday: 7:45am - 6:00pm

GROUP CLASS

SCHEDULE

CHILD CARE HOURS

Mon-Thurs: 8:00am-12:30pm
 4:30pm-7:30pm
 Friday: 8:00am-12:00pm
 Saturday: 8:00am-12:00pm
 Sunday: **CLOSED**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		Yoga (MARGIE) 		Yoga (MARGIE) 			
8:30am	Gerofit (VA) BARRE (STARR) 8:15am	Stretch & Flow (AMY)	Gerofit (VA) BARRE (STARR) 8:15am	Stretch & Flow (AMY)	Gerofit (VA)		
9:00am	Senior Yoga (Starr)					Zumba (MARIA) Spin – 9:15am (Shawnta)	
9:30am	Hi/Lo Cardio & Abs (CG)	FIRM & TONE (CG)	Muscle Pump (CG)			Yoga 10:00am 	
10:30am	Silver Sneakers (CG)		Silver Sneakers  (CG)		Silver Sneaker  (CG)		
12:00pm	Nia Dance (HOLLY)			NIA Dance (HOLLY)			
4:00pm							
5:30pm	Yoga (DOROTHY) 	Zumba (MARIA) 	Circuit Express (PAT)	Zumba (MARIA) 			
6:30pm	Commit/Dance (LISA)		Commit/Dance (LISA)				

Class Pass: \$5.00

Day Pass: \$10.00