

SPORTS CLUB HOURS

Monday-Thursday: 5:00am-10:00pm

Friday: 5:00am-9:00pm

Saturday: 8:00am-7:00pm

Sunday: 8:00am-6:00pm

CHILD CARE HOURS

Monday-Thursday: 8:30am-12:30pm & 4:30pm-8:00pm

Friday: 8:30am-12:30pm & 5:00pm-7:00pm

Saturday: CLOSED

Sunday: CLOSED

Group Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		Yoga (MARGIE)		Yoga (MARGIE)			
8:00am	Gerofit (VA) BARRE (STARR) 8:15	Stretch & Flow 8:30am (AMY)	Gerofit (VA) BARRE (STARR) 8:15	Stretch & Flow 8:30am (Amy)	Gerofit (VA)	Circuit Express (Pat)	
9:00am	Senior Yoga (STARR)				Gerofit (VA)	Zumba (MARIA)	
9:30am	Hi/Lo Cardio & abs (CG)	Firm &Tone (Shawnta)	Muscle Pump (CG)	Glutes.Abs.Guns Arlene	Muscle Pump (Arlene)		
10:30am	Silver Sneakers (CG)		Silver Sneakers (CG)		Silver Sneakers (CG)	Yoga @10:00am Dorothy	
11:00am				NIA Dance (LAURIE)		Taekwondo (Freddie)	
12:00pm	NIA Dance (HOLLY)						
2:00pm							YOGA (TONICA)
4:00pm		Kickboxing (Freddie)					NIA (LAURIE)
5:30pm	Yoga @5:30pm Dorothy	Zumba (MARIA)	Circuit Express (Pat)	Zumba (MARIA)			
5:30pm	Circuit Express (Arlene)		Yoga (Margie)				
6:30pm	Commit/Zumba (Lisa)	Taekwondo (Freddie)	Commit/Zumba (Lisa)	Taewondo (Freddie)			