

Facility Hours:
Monday, Wednesday
5am-10:30pm
Tuesday, Thursday
5am - 9:30pm
Friday 5am - 8pm
Saturday 7am-5pm
Sunday 7am-5pm



Child Care:
Monday-Saturday
8:00-10:00 am
Monday-Thursday
5:00-7:00 pm

Group Exercise Schedule						
Effective January 15th						
<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
5:00-5:50am Bootcamp David	5:00-5:50am Workout Wonder Carol		5:00-5:50am Workout Wonder Carol	5:00-5:50am Bootcamp David		
					8:00-8:55am Turbokick®	
8:00-8:50am TurboKick® Heather	8:00-8:50am Total Conditioning Bridget	7:45-8:40am Water Wonder Carol	8:00-8:50am Cardio Interval Bridget	8:00-8:50am Workout Wonder Heather	9:05-10:00am Workout Wonder	
7:45-8:40am Water Wonder Carol	9:00-9:30am Healthy Backs Bridget	8:00-8:50am Spin Interval Bridget/Heather	9:00-9:30am PiYo® Bridget			
9:00-9:30am BodyBar Heather			9:30-10:00am Strictly Strength Bridget			
	11:00-11:30am Fit Over 50 Bridget		11:00-11:30am Fit Over 50 Bridget			
5:30-6:25pm Cardio Craze Jeremy	6:00-6:50pm Zumba® Amy	5:30-6:25pm Turbokick® Heather	6:00-7:00pm HipHopHustle® Janice			
6:30-7:30pm Fitness Yoga Omega	7:00-7:45pm Spin Interval Nicole	6:30-7:00pm PiYo® Heather				