

Hours
 Mon-Fri 5am-8pm
 Sat 7am-4pm
 Sun Closed

Fall Fitness Class Schedule



Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	Intense Spin 5:45am-6:45am Tony		*Intense Spin* 5:45am-6:45am Tony	
Morning Aqua Fit 7:45am-8:45am Rose	H2O Training 8:30am-9:15am Bailey	Morning Aqua Fit 7:45am-8:45am Bailey/Rose	H2O Training 8:30am-9:15am Bailey	Morning Aqua Fit 7:45am-8:45am Rose
	Mat Pilates 8:30am- 9:30am Shirley	Strength and Balance Yoga 9:00am-9:45am Shirley	Mat Pilates 8:30am- 9:30am Shirley	
Fit Over 50 9:45am-10:30am Bailey	Low Impact Cardio 9:45am-10:30am Shirley	Fit Over 50 9:55am-10:40am Shirley	Low Impact Cardio 9:45am-10:30am Shirley	Fit Over 50 9:45am-10:40am Bailey
	SilverSneakers® 1:00pm-1:45pm Amber		SilverSneakers® 1:00pm-1:45pm Amber	