

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

# Fitness Class Schedule

Effective 8/1/17 Subject to Change



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