

Hours
 Mon-Fri 5am-9pm
 Sat 7am-7pm
 Sun 11am-7pm

Spring Fitness Class Schedule



*Premium Class

Subject to Change

Revised 4/1/18

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga Sculpt 5:45am-6:45am Carly	*Intense Spin* 5:45am-6:45am Tony		*Intense Spin* 5:45am-6:45am Tony	
Morning Aqua Fit 8:00am-8:45am Rose	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Bailey	H2O Training 8:30am-9:15am Amber	Morning Aqua Fit 8:00am-8:45am Rose
	Mat Pilates 8:30am- 9:30am Shirley	Step Class 9:10am-9:40am 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 9:45am-10:30am Shirley	Low Impact Cardio 9:45am-10:30am Shirley	Fit Over 50 9:45am-10:30am Bailey
Lunch Break 12:15pm-12:45pm Amber	SilverSneakers® 1:00pm-1:45pm Amber	Lunch Break 12:15pm-12:45pm Amber	SilverSneakers® 1:00pm-1:45pm Amber	
Suspension Training 5:30pm-6:15pm Bailey		*Suspension Training* 5:30pm-6:15pm Bailey		
Suspension Training 6:30pm-7:15pm Bailey				