

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

Spring Fitness Class Schedule



*Premium Class Subject to Change Revised 5/10/19

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Cycle 5:45am-6:45am Lori		*Morning Cycle* 5:45am-6:45am Lori	*Morning Cycle* 5:45am-6:45am Lori	
Morning Aqua Fit 8:00am-8:45am Bailey	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 Bailey
	Balanced Fitness 8:45am-9:30am Donovan		Balanced Fitness 8:45am-9:30am Donovan	
Fit Over 50 9:45am-10:30am Bailey	Cardio, Core and More 9:45am-10:15am Shirley	Fit Over 50 9:45am-10:30am Shirley	Cardio, Core and More 9:45am-10:15am Shirley	Fit Over 50 9:45am-10:30am Bailey
Total Training 10:45am-11:15am Amber	SilverSneakers® 1:00pm-1:45pm Amber	Total Training 10:45am-11:15am Amber	SilverSneakers® 1:00pm-1:45pm Amber	
Body Sculpt 5:30pm-6:15pm Bailey				