

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

Summer Fitness Class Schedule



*Premium Class

Subject to Change

Revised 6/1/19

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	
Aqua Fit 8:00am-8:45am Amber		Aqua Fit 8:00am-8:45am Amber		
	Balanced Fitness 8:45am-9:30am Donovan		Balanced Fitness 8:45am-9:30am Donovan	
Fit Over 50 9:45am-10:30am Amber	Cardio, Core and More 9:35am-10:15am Shirley	Fit Over 50 9:45am-10:30am Shirley	Cardio, Core and More 9:35am-10:15am Shirley	
	SilverSneakers® 1:00pm-1:45pm Amber		SilverSneakers® 1:00pm-1:45pm Amber	