

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

Fall Fitness Class Schedule



*Premium Class Subject to Change Revised 9/1/19

| 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 Bailey | | Aqua Fit 8:00am-8:45am Bailey | | 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 Amber | Cardio, Core and More 9:35am-10:20am Shirley | Fit Over 50 9:45am-10:30am Shirley | Cardio, Core and More 9:35am-10:20am Shirley | Fit Over 50 9:45am-10:30am Bailey |
| | SilverSneakers® 1:00pm-1:45pm Bailey | | SilverSneakers® 1:00pm-1:45pm Bailey | |
| *Body Sculpt* 5:30pm-6:15pm Bailey | | | | |