



Hours of Operation

Monday - Thursday 5:30 am to 10:00 pm
 Friday 5:30 am to 8:00 pm
 Saturday 8:00 am to 5:00 pm
 Sunday 8:00 - 3:00pm

Childcare Hours:

Mon - Fri - 8:00am - 10:30am & 4:30p - 7:30*
 Closes at 6:30pm on Fridays
 Saturday 9:00am - 11:00am
 2 Hour Limit For Childcare

All Classes on Schedule Included

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am	Spin Stephen		Spin Kirby		Spin Kirby	Spin Susie K. (9:00)
8:30 am	Step Toning Interval Polly	Conditioning Teresa		Conditioning Teresa	Muscle Conditioning Gina	
9:30 am		Yoga Jill		Cardio Salsa Carlos	Zumba Gina	Strength & Latin Cardio Carlos (10:00)
11:00 am		Beg. Strength Polly		Beg. Zumba Gina		Beg. Yoga Marjorie
3:30 pm	Silver Sneakers Polly		Silver Sneakers Polly		Silver Sneakers Polly	
4:30 pm	Muscle Fit Polly		Muscle Fit Polly		Butts & Gutts Polly	
5:30 pm	Kickbox Crosstraining Teresa	Pilates Cory	Zumba Gina	Pilates Dottie		
5:45pm	Spin Tom	Spin Becca	Spin Tom	Spin Lori	Spin Tom (5:30)	
6:30 pm	Cardio Salsa Carlos	Karate Dez	Cardio Salsa Carlos	Yoga Jill	Karate Dez (6:00)	

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