

























# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30 AM</b>			 <b>AIDE</b> Cathy (40 min)				
<b>9:00 AM</b>						 <b>BLAST</b> Nicole (30 min)	 <b>POWER</b> Evan (35 min)
<b>9:30 AM</b>	 <b>AIDE</b> Clarence (40 min)	 <b>BLAST</b> Michelle (40 min)	 <b>groove</b> Jean (40 min)			 <b>AIDE</b> Clarence (40 min)	
<b>10:00 AM</b>				 <b>BLAST</b> Michelle (40 min)			 <b>fight</b> Travis (40 min)
<b>10:30 AM</b>						 <b>YOGA</b> Brenda D. (45 min)	
<b>11:00 AM</b>							
<b>11:30 AM</b>		 <b>GENTLE YOGA</b> Taura (45 min)			 <b>GENTLE YOGA</b> Brenda H. (45 min)		
<b>12:00 PM</b>							 <b>GENTLE YOGA</b> Taura (45 min)
<b>12:30 PM</b>							
<b>4:30 PM</b>	 <b>CENTERGY</b> Marianne (40 min)	 <b>POWER</b> Travis (35 min)	 <b>BLAST</b> Liz (40 min)				
<b>5:15 PM</b>		 <b>AIDE</b> Clarence (40 min)					
<b>5:30 PM</b>	 <b>AIDE</b> Bernadette (40 min)   <b>STRONG80</b> Michelle (30 min)	 <b>fight</b> Evan (40 min)	 <b>AIDE</b> Travis (40 min)   <b>CENTERGY</b> Chris (40 min)				
<b>6:15 PM</b>	 <b>groove</b> Meghan (30 min)						
<b>6:45 PM</b>		 <b>YOGA</b> Taura (45 min)					

## Club Hours

Monday & Tuesday: 6 AM - 9 PM  
 Wednesday: 6 AM - 8 PM  
 Thursday & Friday: 7 AM - 7 PM  
 Saturday & Sunday: 8 AM - 2 PM

## Pool Hours

Monday - Wednesday: 7:30 AM - 7:30 PM  
 Thursday & Friday: 7:30 AM - 6:30 PM  
 Saturday & Sunday: 8:30 AM - 1:30 PM  
 \*Pool is by appointment only\*