

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM		 AIDE Cathy (40 min)		 AIDE Cathy (40 min)			
9:00 AM					Mat Pilates Bella	 BLAST Michelle (45 min)	 POWER Evan (45 min)
9:30 AM	 AIDE Clarence (40 min)	 ACTIVE Erica (45 min)	 groove Jean (45 min)  AIDE Erica (40 min)	 BLAST Michelle (45 min)	 AIDE Kerri (40 min)	 AIDE Clarence (40 min)	
10:00 AM							 fight Travis (45 min)
10:30 AM	 YOGA Chair Yoga Brenda D. (60 min)				Zumba Vivian (45min)	 YOGA Brenda D. (60 min)	
11:30 AM		 GENTLE YOGA Taura (60 min)			 GENTLE YOGA Brenda H. (60 min)		
12:00 PM			Mat Pilates Bella (45min)				 GENTLE YOGA Taura (60 min)
4:30 PM	 CENTERGY Michelle (45 min)	 POWER Travis (45 min)	 BLAST Nicole (45 min)  AIDE Travis (40 min)				
5:00 PM				 POWER Erica (45 min)			
5:30 PM	 AIDE Bernadette (40 min)  ACTIVE Erica (45 min)	 fight Evan (45 min)	 CENTERGY Chris (45 min)				
6:00 PM				Zumba Vivian (45min)			
6:30 PM	 GENTLE YOGA Brenda H (60 min)						
6:45 PM		 YOGA Taura (60 min)					

Club Hours

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

Pool Hours

Monday - Friday: 7:00 AM - 7:30 PM
Saturday & Sunday: 8:00 AM - 6:00 PM