




















FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 10:30 AM ZUMBA w/Julie	 9:00 AM SPIN w/Linda	 9:00 AM RIPPED w/Jessica	 9:00 AM SPIN w/Linda	 10:00 AM ZUMBA w/Kerri
 12:00 PM PILATES w/Kathy	 10:00 AM ZUMBA w/Linda	 10:00 AM ZUMBA w/Tiffany	 10:00 AM ZUMBA w/Tiffany	<i>TRX WILL RESUME IN AUGUST</i>
 1:30 PM YOGA w/Laurie	 5:30 PM TRX w/Beth	 12:00 PM PILATES w/Kathy	<p>***All classes are 55 minutes unless noted otherwise***</p> <p>Daily aerobics pass: \$6.00</p> <p>IMPORTANT: Class dates and times are subject to change without notice.</p>	 6:00 PM ZUMBA w/Mechelle
 7:00 PM ZUMBA w/Tiffany	 6:30 PM–7:30 PM ZUMBA w/Nikki & Kerri	 1:30 PM YOGA w/Laurie		SATURDAY
 8:00 PM BARRE w/Kerri	 7:30 PM–8:00 PM STRETCH w/Kerri	 6:00 PM ZUMBA w/Mechelle		 10:00 AM ZUMBA w/Mechelle



DROP IN CHILDCARE HOURS

Mon–Fri (AM)	8:45AM–12PM
Mon–Thurs (PM)	5PM–8PM
Friday	5PM–7PM
Saturday	CLOSED
Sunday	CLOSED