

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MyZone Fit 9:00 AM Sean	Bootcamp 9:00 AM Wendi	Butts & Guts 10:30 AM Ken	TRX 8:00 AM Angelo	Amateur Hour 9:30 AM Lisa	Tabata Fit 10:00 AM Christine	
Aqua Lift 12:00 PM Lisa	Jabfit 10:00 AM Christine		Bootcamp 9:00 AM Wendi	TRX 9:30 AM Ken		
	Amateur Hour 11:00 AM Lisa		MyZone Fit 10:30 AM Christine	Jabfit 10:30 AM Christine		
	Weighted Aqua		Deep Water	Aqua Kick		
	Tabata 12:00 PM Lisa		Tabata 12:00 PM Lisa	Tabata 11:00 AM Lisa		
	Lift Club 5:00 PM Dana			Kids' Fit 5:30 PM Steph		

Fundamentals Classes


Tuesday	Thursday	Saturday
9:00 AM 4:00 PM	9:00 AM 4:00 PM	8:15 AM

Reservation Required **RR**

Club Hours
Monday - Friday
 4:30 AM - 11 PM
Saturday - Sunday
 7 AM - 7 PM

Kids' Club Hours
Monday-Friday
 8 AM - 12 PM & 4 PM - 8 PM
Saturday
 8 AM - 1 PM

Note: Class and instructors are subject to change without prior notice. **Reservations open at 4PM. As a courtesy to other members, please arrive to class on time.**

 Cellphones are not permitted in class. Thank You