

Memorial Day

Center Hours: 6:00 a.m. – 12:00 p.m.

Class Schedule

8:00 a.m. – Fit Zone – Meredith

8:00 a.m. –Cycle – Jamie – Studio 2

9:00 a.m. – Fit Zone - Meredith

9:00a.m. –Cardio Kickbox- Sarah - Studio 1

10:00a.m. –Core/Stretch Ex.– Sarah- Studio 1

No Aquatic Fitness Classes