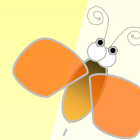




Labor Day Hours

September 2nd, 2024.

Center Hours 6:00 a.m. — 12:00 p.m.



Class Schedule

8:00 a.m. —Cycle —Jamie

8:00 a.m. - PACE—Meredith

9:00 a.m.—Cardio Kickboxing— Sarah

10:00 a.m.—Core/Stretch Express —Sarah

