

**SPORTS CLUB HOURS**  
 Monday-Thursday: 5:00am-10:00pm  
 Friday: 5:00am-9:00pm  
 Saturday: 8:00am-7:00pm  
 Sunday: 8:00am-6:00pm

# JULY

## Group Fitness

**CHILD CARE HOURS**  
 Monday-Thursday: 8:30am-12:30am & 4:30pm-8:00pm  
 Friday: 8:30am-12:30pm & 5:00pm-7:00pm  
 Saturday: 8:00am-12:00pm  
 Sunday: CLOSED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		<b>Yoga</b> (MARGIE)		<b>Yoga</b> (MARGIE)			
8:00am	<b>Gerofit</b> (VA) <b>BARRE</b> (STARR)	<b>Pilates</b> (AMY)	<b>Gerofit</b> (VA) <b>BARRE</b> (STARR)	<b>Stretch &amp; Flow</b> (Amy)	<b>Gerofit</b> (VA)	<b>Circuit Express</b> (Jessica)	
9:00am	<b>Senior Yoga</b> (STARR)		<b>Senior Yoga</b> (STARR)		<b>Senior Yoga</b> (STARR)	<b>Zumba</b> (MARIA)  <b>Cycle</b> (DARYL/SHAWNNTA)	
9:30am	<b>Hi/Lo Cardio &amp; abs</b> (CG)	<b>Firm &amp;Tone</b> (CG)	<b>Muscle Pump</b> (CG)				
10:30am	<b>Silver Sneakers</b> (GERALD)		<b>Silver Sneakers</b> (CG)		<b>Silver Sneakers</b> (CG)	<b>Yoga @10:00am</b>	
11:00am							
12:00pm	<b>NIA Dance</b> (HOLLY)			<b>NIA Dance</b> (HOLLY)			
3:00pm							<b>Yoga</b> (TONICA)
4:15pm							
5:30pm		<b>Zumba</b> (MARIA)	<b>Circuit Express</b> (Jessica)	<b>Zumba</b> (MARIA)			
6:00pm							
6:30pm							

**FREE TO MEMBERS**

**Non-Members: \$5 per Class**

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