



Club Hours

Mon-Fri 5:00am - 10:00pm

Sat-Sun 7:00am - 8:00pm

HealthSPORT.com

Kids Korner Hours

Mon-Sat: 8:30am-12:00pm

Mon-Thurs: 4:30pm-6:30pm

MONDAY

Cycling	5:30-6:20am	Pam
Strength & Cond.	8:30-9:20am	Autumn
Silver Sneakers	10:30-11:20am	Alex
MetCon	12:00-12:50pm	Tami
Cycling	5:30-6:20pm	Cindy
Strength & Cond.	6:30-7:20pm	Julie

TUESDAY

Shockwave	4:30-5:20pm	Megan
Step	5:30-6:20pm	Jenny

WEDNESDAY

Cycling	5:30-6:20am	Pam
MetCon	8:30-9:20am	Tami
Cycle Strength	5:30-6:20pm	Barbara
Strength & Cond.	6:30-7:20pm	Julie

THURSDAY

Shockwave	4:30-5:20pm	Megan
Step	5:30-6:20pm	Jenny

FRIDAY

Cycling	5:30-6:20am	Pam
Strength & Cond.	8:30-9:20am	Autumn
Silver Sneakers	10:30-11:20am	Casse
MetCon	12:00-12:50pm	Tami
Cardio Kickboxing	5:30-6:20pm	Rachael

SATURDAY

Cycle Strength	9:00-9:50am	Barbara
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SUNDAY

Step	9:30-10:20am	Jenny
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MONDAY

Hatha Yoga	9:30-11:00am	Francis
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TUESDAY

Pilates Mat	8:30-9:20am	Aimee
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 ZUMBA	9:30-10:20am	Casse
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Vinyasa Flow	10:30-11:50am	Christine
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Power Flow	5:30-6:20pm	Steph L.
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WEDNESDAY

Slow Flow	9:30-10:45am	Jenni
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 ZUMBA gold	11:00-11:50am	Casse
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THURSDAY

Pilates Mat	8:30-9:20am	Aimee
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 ZUMBA	9:30-10:20am	Casse
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Vinyasa Flow	10:30-11:50am	Christine
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Power Flow	5:30-6:20pm	Steph L.
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FRIDAY

Hatha Yoga	9:30-10:40am	Francis
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Restorative Yoga	10:45-11:55am	Francis
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SATURDAY

Feel Good Yoga	10:00-11:15am	Abra
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SUNDAY

Vinyasa Flow	9:00-10:15am	Stephanie P.
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Gentle Yoga	10:30-11:45am	Stephanie P.
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