

# July 4, 2019 Hours

Center Hours - 5:00am – 1:00pm

Fit 'N' Fun Hours – 8:00am – 1:00pm

## **Land Group Exercise Classes:**

Bootcamp - 7:30am-8:20am – Melissa

Cycling Blast - 9:00am-9:50am – Vicky

Boomer Beat - 9:00am-9:50am - Laura

Challenge Fitness - 10:00am - 10:50am – Laura

## **Water Group Exercise Classes:**

A-wake 8:00am-8:45am – Sharon

Deep Water Tabata 9:00am-9:45am – Sharon