

Labor Day Hours

Center Hours - 5:00am – 1:00pm

Fit 'N' Fun Hours – 8:00am – 1:00pm

Land Group Exercise Classes:

Zumba - 9:00am-9:50am – Katisha

Body Pump -10:00am – 11:00am – Liz

Restorative Yoga – 11:10am-12:00pm - Anastasia

Water Group Exercise Classes:

A-wake 8:00am-8:45am – Sharon

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