

Thanksgiving Hours

Center Hours - 5:00am – 1:00pm

Fit ‘N’ Fun Hours – 8:00am – 1:00pm

Land Group Exercise Classes:

Body Combat – 9:00am–9:50am – Jodie

Cycling Blast – 9:00am-9:50am – Vicky

Challenge Fitness – 10:00am–10:50am – Laura – Studio A

Zumba - 10:00am–10:50am – Katisha– Studio B

Restorative Yoga – 11:00am-11:50am – Angelina

Aquatic Group Exercise Classes:

A-wake – 8:00am-8:45am – Sharon

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