

July 4, 2024 Hours

Center Hours - 5:00am – 1:00pm

Group Exercise Classes:

Les Mills Bodyflow 8:00-8:50am – Sarah- (B)

Star Spangled Cycle 9:00-9:50am – Vicky- (C)

(Please sign up for this cycle class at the front desk)

Aqua Exercise Classes:

Deep Water Tabata 8:00am-8:45am – Sharon