

Memorial Day

Monday, May 27th

The gym will be open
8:00 AM - 5:00 PM

Modified Class Schedule

8:15 AM - Zumba with Nicole

8:30 AM - SPIN with Mike (45 minutes)

9:15 AM - SPIN with Mike (45 minutes)

9:30 AM - Aerobic Cond. with Becky

10:45 AM - Yoga with Seanna

12:15 PM - SeniorWorks with JoAnn

★★ Sign-ups required for Spin ★★