



# Athletic Center

**Operating Hours**

**Daily 6:00am - 8:00pm**

## Group Fitness Class Schedule

**Complimentary to our Guests & Members**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Full Body Strength Training</u> 8:00 - 9:00am	<u>Cardio Connection</u> 9:00-10:00am  <u>Yoga</u> 4:00-5:15pm	<u>Full Body Strength Training</u> 8:00 - 9:00am	<u>Cardio Connection</u> 9:00-10:00am  <u>Stretch &amp; Restore</u> 4:00-5:15pm	<u>Jazzercise</u> 9:00 - 10:00am	<u>Yoga</u> 9:00-10:15am