

FITNESS CENTER
EXERCISE CLASS SCHEDULE
October 30th - December 31st

MONDAY-WEDNESDAY - FRIDAY

"YOGA" 7:30AM

"BODYSCULPTING" 8:30 AM & 9:30 AM

*** 10:45am Bodysculpting class will be added in January**

"WATER AEROBICS" 10:30AM Starting November 1st

TUESDAY-THURSDAY- SATURDAY

"FITNESS" 7:30 AM & 8:30 AM

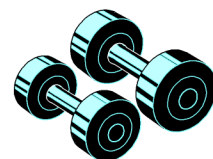
"POWERLIFTING' 9:30AM

"YOGA" 10:30AM *Starting Nov. 2nd

Class sizes are limited - Please sign in for the class you would like.

FITNESS CENTER HOURS

7:00AM - 5:00PM DAILY



***December 24th - Closes at 2:00pm**

***December 25th - Closed**