

Summer Class Schedule 2021

Monday: Spin – 4:30pm



Toning Tabata – 6pm



Tuesday: Silver Sneakers- 10am



Strength Training- 4:30pm

Yoga- 6pm

Thursday: Silver Sneakers-10am



Chair Yoga – 11am

Kickboxing – 4:30pm

Strength Training - 6pm



Friday: Strength Training-10am



Welcome to



Spring 2021 Office Hours

Monday: 9:00am to 7:00pm

Tuesday: 9:00am to 7:00pm

Wednesday: 8:30am to 3pm

Thursday: 9:00am to 7:00pm

Friday: 8:30am to 3pm

***Closed for lunch 1pm to 2pm Monday, Tuesday,
and Thursday***

Closed Saturday and Sunday