



EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30 AM	10:00 AM	9:00 AM	7:15 AM	9:00 AM	10:15 AM	9:00 AM
9:00 AM	11:00 AM	10:00 AM	9:00 AM	11:00 AM	11:00 AM	11:00 AM
10:00 AM		5:00 PM	10:00 AM			
11:00 AM			11:00 AM			

MORE NEW CLASSES • COMING SOON!

The B.A.S.E. Class is a 30-minute class that focuses on balance, agility, strength, and exercise using a simple step approach on a pulley-based system.

TO SIGN UP

Advanced sign up is required for **ALL** classes. You can call, sign-up online or at the front desk. **Sign-ups will be open 24 hours in advanced.**

Clean your equipment both before & after use.

