







MAIN GYM Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 am						FACILITY CLOSED	
6:30-7:00 am							
7:00-7:30 am							
7:30-8:00 am							
8:00-8:30 am	Healthy Hearts & Active Lives 8:00-11:15 am		Healthy Hearts & Active Lives 8:00-11:15 am		Healthy Hearts & Active Lives 8:00-11:15 am		
8:30-9:00 am							
9:00-9:30 am							
9:30-10:00 am							
10:00-10:30 am							
10:30-11:00 am							
11:00-11:30 am							
11:30 am-12:00 pm							
12:00-12:30 pm							
12:30-1:00 pm							
1:00-1:30 pm							
1:30-2:00 pm							
2:00-2:30 pm							
2:30-3:00 pm							
3:00-3:30 pm							
3:30-4:00 pm							
4:00-4:30 pm							
4:30-5:00 pm							
5:00-5:30 pm							
5:30-6:00 pm							
6:00-6:30 pm	Healthy Hearts & Active Lives 5:45-7:00 pm		Healthy Hearts & Active Lives 5:45-7:00 pm			FACILITY CLOSED	
6:30-7:00 pm							
7:00-7:30 pm		Endurance 7:00-7:30 pm		Endurance 7:00-7:30 pm			
7:30-8:00 pm							
8:00-8:30 pm							
8:30-9:00 pm							

 - FREE with your membership!

 - Facility is CLOSED


 - PAID class that requires registration

  - Area is open to all members






CARDINAL COURT Room Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00-6:30 am						FACILITY CLOSED			
6:30-7:00 am									
7:00-7:30 am									
7:30-8:00 am									
8:00-8:30 am									
8:30-9:00 am									
9:00-9:30 am	Zumba 9:10-9:55 am		Zumba 9:10-9:55 am		Cardio Flex 9:10-10:00 am				
9:30-10:00 am									
10:00-10:30 am							Pickleball 10:00 am-12:30 pm		
10:30-11:00 am	Power Pump 10:15-11:00 am				Just Stretch 10:15-10:45 am				
11:00-11:30 am									
11:30 am-12:00 pm									
12:00-12:30 pm									
12:30-1:00 pm									
1:00-1:30 pm									
1:30-2:00 pm		Pickleball 1:30-4:00 pm		Pickleball 1:30-4:00 pm	Pickleball 1:30-4:00 pm				
2:00-2:30 pm									
2:30-3:00 pm									
3:00-3:30 pm									
3:30-4:00 pm									
4:00-4:30 pm									
4:30-5:00 pm									
5:00-5:30 pm									
5:30-6:00 pm									
6:00-6:30 pm						FACILITY CLOSED			
6:30-7:00 pm									
7:00-7:30 pm									
7:30-8:00 pm									
8:00-8:30 pm									
8:30-9:00 pm									

 - FREE class included with membership

 - Facility is CLOSED

 - PAID class that requires registration

  - Area is open to all members