




GROUP FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM	LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS BODYPUMP	
8:15 AM	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS RPM
9:05 AM	LesMILLS CXWORX		LesMILLS CXWORX		LesMILLS CXWORX	9:15 AM LesMILLS BODYPUMP
9:30 AM		Drums Alive®		Drums Alive®		
9:45 AM	Senior Strength  Yoga		Senior Strength  Yoga		Senior Strength  Yoga	
12:10 PM	LesMILLS BODYPUMP >>> EXPRESS	YOGA	LesMILLS BODYPUMP >>> EXPRESS	YOGA		
4:30 PM	LesMILLS BODYPUMP		LesMILLS BODYPUMP			
5:30 PM	LesMILLS RPM	LesMILLS BODYPUMP	LesMILLS RPM	LesMILLS BODYPUMP		
	LesMILLS CXWORX		LesMILLS CXWORX			
	Restorative YOGA					
6:30 PM		BOOT_CAMP		BOOT_CAMP		

POOL HOURS

MON - THU	5:00AM - 8:00PM
FRI	5:00AM - 7:30PM
SAT	9:00AM - 4:30PM
SUN	1:00PM - 5:30PM

KIDWORKS HOURS

MON - THU	8:00AM - 2:00PM 3:00PM - 8:00PM
FRI	8:00AM - 2:00PM 3:00PM - 6:00PM
SATURDAY:	8:00AM - 1:00PM

FACILITY HOURS

MON - THU	5:00AM - 10:00PM
FRI	5:00AM - 8:00PM
SAT	8:00AM - 5:00PM
SUN	1:00PM - 6:00PM



HEALTHWORKS
FITNESS
A SERVICE OF SHARE FOUNDATION