Fourth of July Thursday Holiday Group Fitness AM Classes

8:30 - 9:30 Aqua Interval

Outdoor Pool
(If inclement weather, Indoor Family Pool)

9:00 - 9:55 FIT

Lower Studio

9:00 - 10:00 Vinyasa 1 Yoga

Mind Body Studio

10:05 - 11:05 RIP!

Lower Studio

