



LABOR DAY **Club Hours**

MONDAY SEPT. 2

CLUB HOURS

CLUB / 7:00AM - 5:00PM

POOL / 7:30AM - 4:30PM

NURSERY / 8:30AM - 12:00PM

No Arena Tots/Kids

GROUP EXERCISE SCHEDULE

SPLASHDANCE WITH BRIAN RICE

8:45 AM / Aqua Zumba (Rec Pool)

9:45 AM / Zumba (Studio 1)

***8:45 AM / Cycling (45) - *REGISTRATION REQUIRED**

9:00 AM / HIIT (Sports Factory)

10:30 AM / YogaFlex (Studio 3)

*No other group exercise classes this day.
No Platinum sessions this day.*

