



# MEMORIAL DAY HOURS

**CLUB / 7:00 AM - 5:00 PM**

**POOL / 7:30 AM - 4:30 PM**

*(The Recreation Pool and waterslides will open at 9:00am.*

*All other pools will open at 7:30am)*

**CHILDCARE / 8:30 AM - 12:00 PM**

*(No Arena Tots/Kids)*

## PLATINUM SCHEDULE

9:00 AM / GRIT with Coach Justine

10:30 AM / OrangeZone with Coach Q

No GTE Level 1 or 2 / Arena RX

## GROUP EXERCISE SCHEDULE

9:00 AM / 15 Mile Outdoor Bike Ride

8:30 AM / Virtual RPM Cycling (45 min - Cycle Studio)

9:00 AM / REV (Studio 1)

9:00 AM / Aqua Sculpt and Tone (Therapy Pool)

10:00 AM / YogaFlex (Studio 3)

## SMOOTHIE BAR

Open from 12:00-4:00 PM

