



**BUSINESS HOURS:** Monday - Thursday 8:30 A.M. to 12:30 A.M. and 2:00 P.M. to 6:00 P.M.  
Friday 8:30 A.M. to 12:30 A.M. and 2:00 P.M. to 5:00 P.M

**TANNING BED HOURS**

Monday – Friday 4:00 A.M. to 9:00 P.M.

**INFRARED SAUNA** (Included w/membership)

Monday – Sunday 4:00 A.M. to 9:00 P.M.

**CHILDCARE HOURS**

Monday - Friday 9:00 A.M. - 11:00 A.M.  
Monday - Thursday 5:00 P.M. - 7:30 PM  
Saturday 8:00 A.M – 11:00 A.M.

**MONDAY**

9:00 a.m. - 10:00 a.m. - PILATES – *Hannah*  
10:00 a.m. - 11:00 a.m. - LO IMPACT CARDIO/SCULPT-*Ashley*  
5:30 p.m. - 6:30 p.m. - SPIN / GROUP CYCLE – *Penni*

**TUESDAY**

5:15 a.m. - 6:15 a.m. - HEALTHFIT FITNESS – *Josh*  
8:00 a.m. - 9:00 a.m. - BODY TONING – *Cindy*  
9:00 a.m. - 10:00 a.m.- CARDIO W/ WEIGHTS – *Donita*  
10:00 a.m. - 11:00 a.m. - SILVER SNEAKERS – *Donita*  
11:00 a.m. - 12:00 p.m. - SILVER SNEAKERS – *Donita*  
6:00 p.m. - 7:00 p.m. – ME.OPTIMIZED – *Cristy*

**WEDNESDAY**

5:15 a.m. - 6:00 a.m. - ABS – *Josh*  
9:00 a.m. - 10:00 a.m. - PILATES – *Terri/Christina*  
10:00 a.m. - 11:00 a.m. - HIIT – *Ashley*  
11:15 a.m. - 12:15 p.m. – CHAIR YOGA – *Donita*  
5:45 p.m. - 6:30 p.m. - GUTS & BUTTS – *Ashley/Craig*

**THURSDAY**

5:15 a.m. - 6:15 a.m. - HEALTHFIT FITNESS – *Josh*  
8:00 a.m. - 9:00 a.m. - BODY TONING – *Cindy*  
9:00 a.m. - 10:00 a.m. - ZUMBA GOLD – *Donita*  
10:00 a.m. - 11:00 a.m. - SILVER SNEAKERS – *Donita*  
5:30 p.m. – 6:00 p.m. – WEIGHT TRAINING – *Donita*  
6:00 p.m. – 7:00 p.m. – ZUMBA FITNESS – *Donita*

**FRIDAY**

9:00 a.m. - 10:00 a.m. – BEAT BOXING FITNESS – *Eden*  
10:00 a.m. - 11:00 a.m. – SLOW FLOW YOGA – *Codi*

**Class Descriptions:**

**Lo Impact Cardio Sculpt:** Is a low impact class. Half the class is cardio, and half is sculpting with weights. Low impact is better for joints like your knees while still giving the benefit of weight bearing and cardiovascular activity.

**Beatboxing Fitness:** Non-stop fat burning cardio class that includes punching, kicking, and dancing to today’s hottest Music.

**Healthfit Fitness:** Is a total body workout. You’ll use free weights like Kettlebells and Dumbbells, this class will help you improve cardiovascular conditioning as well as get strong and toned. It’s an intermediate to difficult class, but all levels are welcome.

**Body Toning:** Is a full body workout perfect for all levels. Calisthenics like lunges and squats as well as exercises using step ups and dumbbells are included. This class is made up of different circuits that are fun and challenging.

**Silver Sneakers:** Is perfect for beginners and seniors who want to improve their cardio health as well as strengthen their muscles, bones and joints while improving their balance and coordination. Uses light weights, resistance bands, balls, chairs.

**MeOptimized:** is a fun and relaxed beginner strength training workout, designed to add movement and mindfulness to those beginning their fitness journey, as well as those who are already active and looking for a little extra activity.

**Slow Flow Yoga:** Invites you to move with intention, holding poses longer to deepen your stretch and connect with your breath. It’s a gentle, calming practice that helps reduce stress, improve flexibility, and build strength—all while fostering a sense of inner peace. Perfect for all levels, it’s about slowing down, staying present, and finding balance both on and off the mat.

**Abs:** This class is going to tone/tighten your core to help you get the flat stomach you want. Most of the class takes place on the mat. All levels of fitness can follow along and modify while getting a kick butt workout, or should we say kick Abs workout.

**Guts & Butts:** This is an intermediate to advanced class consisting of 45 minutes of intense abdominal and glute work. The first half will be dedicated to glutes and hamstrings, the second half will focus on the abdominal area. On instructor will be demonstrating the exercises, while the other will be checking form and proper execution of the exercise.

**Zumba Gold:** Choreography focuses on balance, range of motion and coordination. This class is low impact. Come ready to sweat and prepare to leave empowered and feeling strong.