

# JULY 4TH



**CLUB HOURS**  
**7:00AM - 6:00PM**

## **Group Exercise Schedule**

8:00am	Spinning	Karen
8:30am	Cardio Splash	Abby
9:00am	Boot Camp	Ann
9:00am	Spinning	Stef
	<i>4th of July Power Hour</i>	
9:15am	TRX	Nick
10:00am	Yoga Strength	Pat
10:00am	Cardio Arc	Nick
10:30am	Circuit XP	Nick

## **Nursery & Energy Center**

9:00am - 12:00pm

### **Aquatics**

7:00am - 5:00pm

### **Café**

7:00am - 1:00pm

### **Massage**

Appointments available 10am - 2pm

### **Parisi**

Closed

**The following class will not run on  
Friday, July 3rd:**

7pm Definitions