



AEROBIC SCHEDULE

SPINNING

MONDAY 9:00am-10:00am

MONDAY 6:30pm-7:30pm

FRIDAY 9:00am-10:00am

YOGA

MONDAY 10:45am-11:45am

WEDNESDAY 5:45pm-6:45pm

THURSDAY 9:00am-10:00am

MINIMUM OF 3 PER CLASS

SIGN UP AT FRONT DESK

GUESTS \$5.00 PER CLASS