

Ladies Fitness Area Hours of Operation

Monday – 5:30am-6:15pm, 7:15pm-10:00pm

Tuesday – 5:30am-9:30am, 10:30am-10:00pm

Wednesday – 5:30am-6:15pm

Thursday – 5:30am-10:00pm

Friday – 5:30am-6:15pm, 7:15pm-9:00pm

Saturday – 7:00am-8:30am-9:30am-7:00pm

Sunday – 7:00am-5:00pm

**Ladies Fitness area is closed during Yoga
and Centergy classes**