

Fitness Center Schedule

AM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	Body Sculpting and Conditioning (Lynn)	Pilates Fusion Reformer (Lynn) NOT included in group	Body Sculpting and Conditioning (Lynn)	Pilates Fusion Reformer (Lynn) NOT included in group	Body Sculpting and Conditioning (Lynn)	
8:00						
9:00	Total Body (Lynn)		Total Body (Lynn)		Total Body (Lynn)	
9:30		Aqua Aerobics (Lynn)		Aqua Aerobics (Lynn)		
10:00						
10:30						
PM						
5:30	Yoga (Lynn)	Pilates Reformer Coming Soon! "Jean"	Yoga (Lynn)	Pilates Reformer Coming Soon! "Jean"		
6:00						
7:00						

Fitness Center Hours:

Monday – Friday 6am-8pm • Saturday 7am-7pm • Sunday 7am-6pm *(hours are subject to change for holidays)*

Class Pricing:

Group Class Daily Drop in fee \$15 per class
 Monthly Unlimited Group Classes \$80
 Pilates Reformer Class Daily Drop in fee \$25
 3 Month Pilates class \$375

*Special Classes are available upon request