

SEPTEMBER 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development 	6:30-7:00AM 24/7 ACCESS REQUIRED 	6:15-7:00AM 24/7 ACCESS REQUIRED Strength Development 		
8:00AM	8:30AM-9:30AM 		8:30AM-9:30AM 		8:30AM-9:30AM 	
8:30AM	8:30-9AM 					
9:00AM	9:05-10:05AM 	9-9:30AM 	9:05-10:05AM 	9:05-9:45AM 	9:05-10:05AM 	9:05AM-9:45AM 
10:15AM	10:15-11AM 	10:15-11:15AM 	10:15-11AM 	10:15-11:15AM 	10:15-11:15AM 	10:15-11:15AM Strength Development  
12:10PM	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	
4:30PM		4:30-5:30 			ACTIVE KID CARE HOURS - MONDAY- FRIDAYS- 8:30AM-11:30AM - MONDAY-WEDNESDAY 5:10P-7PM CLASS CANCELLATIONS 9/3 NO 9AM SHAPES 9/16 NO 12:10PM BODY PUMP HEAVY 9/17 NO 6PM SHAPES 9/28 NO 6:15AMYOGA 9/28 NO 8:30AM ZUMBA 9/29 NO 9:05AM SPRINT	
5:30PM	5:30-6:30PM 	5:30-6:00PM 	5:30-6:00PM 	5:30PM-6:00PM 		
6:00PM		6:05-6:50PM 	6:05-6:50PM 	6:05-6:45PM 		

TUESDAY (12:10PM) CLASS:

- BODY STEP- 9/1, 9/15, 9/29
- SPRINT- 9/8, 9/22

FRIDAY (10:15:) CLASS:

- BODY BALANCE- 9/4, 9/18
- YOGA- 9/11, 9/25, 10/2

FRIDAY (12:10PM) CLASS:

- BODY COMBAT –9/11, 9/18, 10/2
- CORE –9/4, 9/25

SATURDAY (10:15) CLASS:

- STRENGTH DEVELOPMENT – 9/19, 10/3
- SHAPES – 9/5, 9/26

ANY ADDITIONAL CHANGES WILL BE NOTIFIED VIA EMAIL LIST AND SIGNAGE IN FACILITY.