

4th of July Hours

Tuesday, July 4

CLUB HOURS	5:00am-3:00pm
M CAFÉ	8:00am-1:00pm
SPA	Closed
PRO SHOP	9:00am-1:00pm
KIDTOWN	8:00am-1:00pm
SWIM PRACTICE	6:00-10:00am

GROUP EXERCISE STUDIO:

8:00-9:00am	Bootcamp <i>with Patricia</i>
8:30-9:30am	Pilates Mat <i>with Sarah</i>
9:30-10:30am	Strength Fusion <i>with Loryn</i>
10:30-11:30am	Cardio Fusion <i>with Melissa</i>

CYCLE STUDIO:

8:30-9:30am	Cycle Journey <i>with Beth</i>
9:40-10:40am	Cycle Strength <i>with Wendy</i>

MIND BODY STUDIO:

8:30-9:30am	Vinyasa <i>with Leslie M</i>
9:30-10:30am	Hatha Yoga <i>with Teri</i>
10:30am-12:00 Noon	Ashtanga Yoga <i>with Leslie C</i>