



FOURTH OF JULY **HOURS**

Club Hours – 4:30 a.m. to 1 p.m.

Kids Active Club – 8 a.m. to 12 p.m.

Land and Aqua Group Exercise classes

8 to 8:45 a.m.	ATAC with Katie (CA/CB)
9 to 9:45 a.m.	Spin with Sheri
9:15 to 10 a.m.	Aqua Bootcamp with Diane K. (LP)
10 to 11 a.m.	Zumba with Pilar (Studio 1)
10 to 11 a.m.	Hatha Yoga (w/Myofascial release) with Judy (Studio 2)
10:15 to 11 a.m.	Aqua Pilates with Diane K. (TP)



Rush Copley Healthplex Fitness Center