



# INDPENDENCE

## DAY SATURDAY, JULY 4

**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

**9 to 9:45 a.m.**

Spin with Sara

**9:15 to 10 a.m.**

Cardio Splash with Diane K.

**10 to 11:15 a.m.**

Alignment Based Yoga with Lynda



Rush Copley Healthplex Fitness Center