

MEMORIAL DAY HOURS

May 25, 2026

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.	Total Body Strength with Cleyce, Courts A and B
9 to 9:45 a.m.	Pilates with Beth, Studio 2
9:15 to 10 a.m.	Aqua Fit with Diane K., LP
10 to 11 a.m.	Zumba with Roxy, Studio 1
10 to 10:45 a.m.	Gentle Pilates with Judy, Studio 2
10:15 to 11 a.m.	Aqua Fit Plus with Julie B., TP
11 to 12 p.m.	Soma Yoga with Monica, Studio 2



Rush Copley Healthplex Fitness Center