



**FACILITY HOURS OF OPERATION
THURSDAY, JULY 4
7AM-NOON**

**GROUP EXERCISE
HOLIDAY SCHEDULE**

- ❖ 7:30-8:30am Tabata & More w/Nancy
- ❖ 7:45-8:45am Group Cycle w/Carol
- ❖ 9-10am Vinyasa Yoga w/Sandi
- ❖ 9-10am Total Body Conditioning w/Leah

HAVE A SAFE & HAPPY HOLIDAY!

