

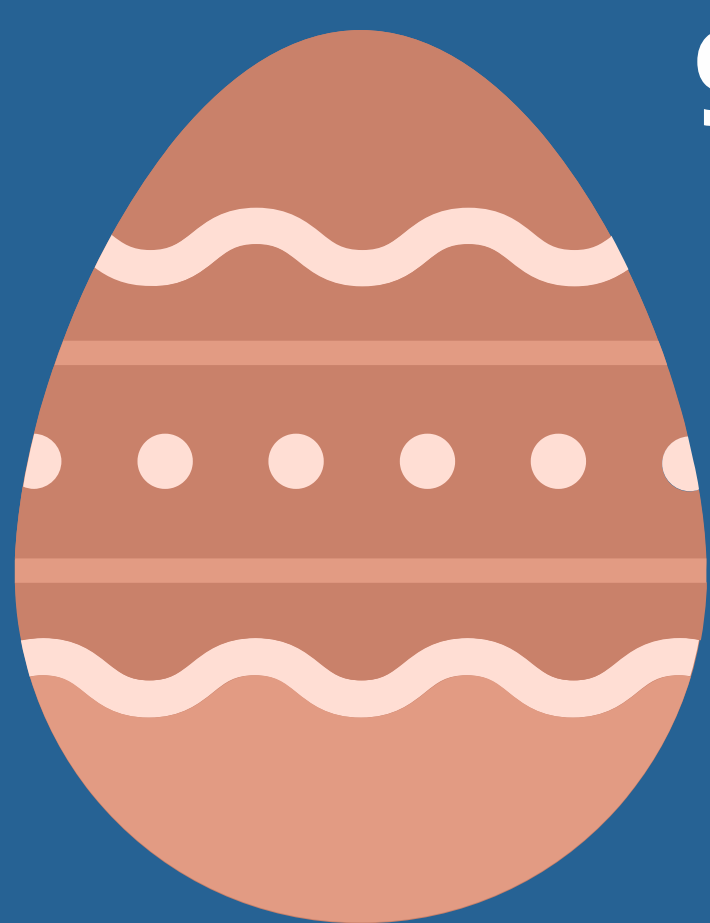


Hours
M-F: 6AM- 6:30 PM
Sat: 8 AM - 4 PM
Sun: Closed

***Tai Chi
w/Stan
9 am Wednesdays**

**Boot Camp
W/ Shirley
6:15 am
Mon/Wed/Fri**

**Gentle Yoga
W/ Beth
10:20 am
Tues/Fri**



**Group Cycle
W/ Yvonne
10:15 am Weds**

**Bikers Barr
W/ Yonne
9 am Tues/Thurs**

**Noon Circuit
W/ Sergio
Mon/Thurs/Fri**



**Meditation
W/Beth
11:30 am Friday**