



FITNESS MEMBERSHIPS

Seniors, Military or Student Memberships **\$15 p/month**
Fitness Room | Lap Swimming | Water Walking
**Seniors = 60 yrs. old +*

Individual Memberships **\$30 p/month**
Fitness Room | Lap Swimming | Water Walking

Family Memberships* **\$50 p/month**
Fitness Room (13 yr. olds +)
Lap Swimming (8 yr. olds +)
Free Access to “Open Swim” for Entire Family
**13 yr olds require orientation & adult supervision*
**14-15 yr olds require orientation*

FITNESS CLASSES **\$4 p/class OR Punch Card**

Aquatics Classes
Deep H2O | Sunrise Stretch & Stride | Hydro Cardio |
Midday Movers | H2O Energy | Lap Swimming |

Fitness Classes
Cardio Kickboxing | Cardio Sculpt | Cardio Strength & Stretch |
Chair Yoga | Movement + Mindfulness | Power Pilates & Yoga |
Running Club: Train for a 5k | Senior Strong & Balanced |
Spin | Total Body Boot Camp | Triple Threat |
Yoga | Yoga-Pilates Fusion | Zumba |

PUNCH CARD

\$30 | Any 10 Activities | No Expiration Date

Options: Fitness Classes - Aquatics Classes - Fitness Room Workouts - Lap Swimming

FITNESS CENTER HOURS

September – May
Mon – Fri: 5:30am – 8:30pm
Saturday: 7:30am – 1:00pm
Sunday: Closed

June – August
Mon – Thur: 5:30am – 8:30pm
Friday: 5:30am – 4:00pm
Saturday: 7:30am – 11:00am
Sunday: Closed