



## **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

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

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

**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 | Access to Any 10 Fitness or Aquatics Activities or Classes | Fitness & Aquatics  
Classes | Cardio & Fitness Workout | 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