



FITNESS MEMBERSHIPS

Senior Membership

\$15 p/month

Fitness Room | Lap Swim | Water Fitness | Senior Fit Classes*

**Subject to change; See class list below*

**Seniors = 60 yrs. old +*

Military or Student Memberships

\$15 p/month

Fitness Room | Lap Swim | Water Fitness

Individual Memberships

\$30 p/month

Fitness Room | Lap Swim | Water Fitness

Family Memberships

\$50 p/month

Fitness Room (13 yr. olds +)

Lap Swim (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 Swim | Midday Movers

Sunrise Stretch & Stride | Water Fitness

Fitness Classes

Cardio Kickboxing | Cardio Sculpt | Cardio Strength & Stretch | Chair Yoga

Movement + Mindfulness | Power Pilates & Yoga | Senior Strong & Balanced

Spin | Total Body Boot Camp | Triple Threat | Classical Yoga | Yoga-Pilates Fusion | Zumba

***Senior Fit Classes**

Sunrise Stretch & Stride | Midday Movers | Chair Yoga | Senior Strong & Balanced

PUNCH CARD

\$30 | Access to Ten Fitness or Aquatics Activities or Classes of Your Choice

Fitness & Aquatics Classes | Cardio & Fitness Workout | Lap Swim

FITNESS CENTER HOURS

September-May

Mon-Fri: 5:30am-8:30pm

Saturday: 7:30am-1:00pm

Sunday: Closed

June-August

Mon-Thurs: 5:30am-8:30pm

Friday: 5:30am-4:00pm

Saturday: 7:30am-11:00am

Sunday: Closed