

WEYMOUTH CLUB

INDEPENDENCE DAY HOURS

CLUB HOURS

FRIDAY, JULY 3RD

5AM-6PM

SATURDAY, JULY 4TH

7AM-4PM

ENERGY CENTER

FRIDAY, JULY 3RD

7:45AM-12PM

SATURDAY, JULY 4TH

CLOSED

POOL HOURS

FRIDAY, JULY 3RD

8 Lane Pool: 5AM-5:30PM

Rec Pool: 7AM-5:30PM

Outdoor Splash Pool: 10AM-5:30PM

SATURDAY, JULY 4TH

8 Lane Pool: 7AM-3:30PM

Rec Pool: 7:30AM-3:30PM

Outdoor Splash Pool: 10AM-3:30PM

W STUDIOS CLASSES

*Friday Group X, Mindbody, WCycle & WFit classes running as normally scheduled
No Water Fitness classes Friday, July 3rd - Sunday, July 5th*

SATURDAY, JULY 4TH

GROUP X

7:45AM - Tabata - Lynne

8:45AM - Sculpt & Core - Lynne

WCYCLE

7:45AM - Power Ride - Pauline

MINDBODY

7:45AM - Rhythmic Barre - Amy B

8:45AM - Power Yoga & Mindful
Stretch - Pauline

TEAM TRAINING

Normal Schedule

SUNDAY, JULY 5TH

GROUP X

7:30AM - Cardio Kick & Abs - Lynne

8:45AM - Chisel'd - Lynne

10:00AM - Therapeutic Yoga - Susan

WCYCLE

9:00AM - Power Ride & Mindful
Stretch - Pauline

MINDBODY

8:00AM - Barre - Lorrie

10:00AM - Mat Pilates - Lorrie

11:00AM - Stretch & Reset - Lorrie

TEAM TRAINING

Normal Schedule