



LABOR DAY WEEKEND

CLUB HOURS

SATURDAY 9/5
6am-4pm

SUNDAY 9/6
7am-4pm

MONDAY 9/7
7am-4pm

ENERGY CENTER

8am-1pm

8am-1pm

Closed

INDOOR 8 LANE LAP POOL

7am-3:30pm

7am-3:30pm

7am-3:30pm

The Outdoor Splash Pool will close for the season **September 3.**

The Recreational Pool will be closed from **Friday, September 4 - Sunday, September 13**, and will reopen on **Monday, September 14.**

RACQUET SPORTS

No Junior or Adult Clinics Monday, September 7

MONDAY GROUP CLASSES

GROUP X

8:30am - *Cardio Kick & Abs with Danielle*

9:30am - *Chiseled with Amy*

10:30am - *Therapeutic Yoga with Jennifer*

WFIT

9:00am - *Rhythm Power Plus with Jen*

10:30am - *Build & Burn with Danielle*

MINDBODY

8:30am - *Heated Barre Sculpt with Lorrie*

9:30am - *Heated Stretch & Reset with Lorrie*

TEAM TRAINING

9:00am - Special Labor Day Afterburn

CRAVE

Closed Friday, September 4 - Sunday, September 13, and will reopen on Monday, September 14.