

# FOURTH OF JULY HOURS

**Club Hours** – 4:30 a.m. to 1 p.m.

**Kids Active Club** – 8 a.m. to 12 p.m.

## Land and Aqua Group Exercise classes

<b>8 to 8:45 a.m.</b>	ATAC with Katie (CA/CA)
<b>9 to 9:45 a.m.</b>	Spin with Katie
<b>9:15 to 10 a.m.</b>	Aqua Bootcamp with Heather V. (LP)
<b>10 to 11 a.m.</b>	Zumba with Deb (1)
<b>10:15 to 11 a.m.</b>	Ageless Aqua with Heather V.
<b>10:15 to 11:30 a.m.</b>	Alignment Based Yoga with Lynda (2)



Rush Copley Healthplex Fitness Center