



HOURS OF OPERATION & GYMS SCHEDULE

Operating Hours

Monday-Thursday: 6:30am - 8:30pm

Friday: 6:30am - 6:30pm

Saturday: 7:00am - 2:00pm

Sunday: Closed

GYM 1 SCHEDULE | Please check EZ Facility for specific Open Gym times.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 6:30am-12:30pm	Open Gym 6:30am-12:30pm	Open Gym 6:30am-12:30pm	Open Gym 6:30am-10:00am	Open Gym 6:30am-10:00am	Open Gym 7:00am-2:00pm
			Pickleball 10:30am-12:30pm	Open Gym 11:30am-12:30pm	
Pickleball 1:00-4:00pm	Pickleball 1:00-4:00pm	Pickleball 1:00-3:00pm	Open Gym 1:00-8:00pm	Pickleball 1:00-4:00pm	
Open Gym 4:00-8:00pm	Open Gym 4:00-8:00pm	Open Gym 3:00-6:00pm		Open Gym 4:00-6:30pm	

GYM 2 SCHEDULE | Additional classes may be offered. Please check EZ Facility for additional time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		HIIT 8:30-9:15am		CycleFit 8:30-9:15am	
Cardio Mix 9:30-10:15am	Strength 9:30-10:15am		Cardio Mix 9:30-10:15am		Strength 9:30-10:15am
		GentleFit 10:30-11:15pm		Yoga 10:30-11:15pm	HIIT 11:00-11:45am
Strength 5:30-6:15pm		CycleFit 5:30-6:15pm	Strength 5:30-6:15pm		
	Cardio Mix 6:30-7:15pm	Yoga 6:30-7:15pm			

• SCHEDULES ARE SUBJECT TO CHANGE •

Hours and program offerings will be extended as membership levels increase



AQUATICS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
7:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Lane Swim		
7:30								
8:00			Aquafit 9:15-10:00am		Lane Swim		Aquafit 9:15-10:00am	
8:30								
9:00			Leisure Pool		Lane Swim		Leisure Pool	2 Lane Swim, Swimming Lessons
9:30								
10:00	Leisure Pool	Lane Swim	Aquafit 11:15-12:00pm	Lane Swim				
10:30								
11:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Leisure Pool			
11:30								
12:00	Aquafit 1:15-2:00pm	Lane Swim	Lane Swim	Lane Swim	Lane Swim			
12:30								
1:00	Lane Swim	Lane Swim	Lane Swim	Lane Swim	Aquafit 1:15-2:00pm	Lane Swim		
1:30								
2:00	Pool Rental	Pool Rental	Pool Rental	Pool Rental	Pool Rental	Closed		
2:30								
3:00								
3:30								
4:00								
4:30								
5:00	2 Lane Swim, Swimming Lessons	2 Lane Swim, Swimming Lessons	2 Lane Swim, Swimming Lessons	2 Lane Swim, Swimming Lessons	2 Lane Swim, Swimming Lessons			
5:30								
6:00	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Closed			
6:30								
7:00	Closed	Closed	Closed	Closed	Closed			
7:30								
8:00	Closed	Closed	Closed	Closed	Closed			

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