



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	
		Open Gym 7:30-8:30pm			

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	HIIT 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		Gentle Yoga 10:30-11:15pm	
Strength 5:30-6:15pm		CycleFit 5:30-6:15pm	Strength 5:30-6:15pm		
Basketball 7:00-8:30pm	Cardio Mix 6:30-7:15pm	Yoga 6:30-7:15pm	Basketball 7:00-8:30pm		

• 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						
8:30			Aquafit 9:15-10:00am		Aquafit 9:15-10:00am	
9:00						
9:30						
10:00	Leisure Pool/ Lane Swim	Leisure Pool/ Lane Swim	Swimming Lessons			
10:30						
11:00	Leisure Pool	Aquafit 11:15-12:00pm	Lane Swim	Aquafit 11:15-12:00pm	Lane Swim	Swimming Lessons
11:30						
12:00	Lane Swim	Leisure Pool	Lane Swim	Leisure Pool	Lane Swim	Leisure Pool
12:30						
1:00	Aquafit 1:15-2:00pm	Aquafit 1:15-2:00pm	Pool Rental	Aquafit 1:15-2:00pm	Aquafit 1:15-2:00pm	Lane Swim
1:30						
2:00	Leisure Pool	Leisure Pool		Leisure Pool	Leisure Pool	
2:30						
3:00	Pool Rental	Pool Rental		Pool Rental	Pool Rental	
3:30						
4:00	Swimming Lessons	Swimming Lessons	Swimming Lessons	Swimming Lessons	Pool Rental	Closed
4:30						
5:00						
5:30						
6:00	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Closed	Closed
6:30						
7:00	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Lane Swim/ Leisure Pool	Closed	Closed
7:30						
8:00	Closed	Closed	Closed	Closed	Closed	Closed

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