

Aerobic Center News



Fitness Center

Monday-Thursday 5:00am- 9:00pm

Friday 5:00am-8:00pm

Saturday & Sunday 7:00am-3:00pm

Pool

Monday & Tuesday 5:00am-7:30pm

Wednesday & Friday 5:00am-4:30pm

Thursday 5:00am-5:00pm

Saturday & Sunday 7:00am-1:00pm

The Pool is closed during Group Swim Lessons.
Please check the Pool Schedule.

These hours are subject to change without notice.