



4th of JULY HOURS & SCHEDULES

Saturday, July 4th

BUILDING HOURS

12pm–7pm

JSWIM

Check Reservation Schedule
for Lap Swim Availability

12pm-6:45pm

FAMILY POOL PARTY!

12PM – 2PM

*(2 guest max during
Pool Party hours)*

JFIT: Group Ex Classes

12:15-1:00pm Intervals

John • Downstairs Studio

1:15-2:00pm Foundation Training

John • Upstairs Studio

1:15-2:00pm Energy Zones

Bryan • Cycle Studio

1:30-2:30pm Cardio Dance

Dusti • Downstairs Studio

Water Aerobics
9:45AM CLASS ONLY ON FRIDAY, JULY 3

All Summer Camps
CLOSED ON FRIDAY, JULY 3