



MEMORIAL DAY 5/29

INDOOR CLUB HOURS:
CLUB HOURS: 7AM-1PM
KIDS CLUB: CLOSED
FUEL CAFE: CLOSED

OUTDOOR CLUB HOURS:
CLUB HOURS: 10AM-7PM
POOLSIDE CAFE 12PM-6:30PM

ASCEND TEAM TRAINING:

8:30AM - Memorial Day Boot Camp / AJ / Outdoor Park
\$25 or ASCEND Sessions Apply (*Access to Outdoor Park included)

GROUP EXERCISE:

8:30AM - Bounce Basic / Danai / Movement Zone
9:15AM - Bounce Basic / Stine / Movement Zone
9:15AM - BodyPump / Pam / Studio 1
10:15AM - Barre Sculpt / Stine / Movement Zone
10:15AM - Cycle / Kim / Cycle Studio
10:15AM - Yoga / Heather / Elevate