



Building Hours

7 am – noon

Outdoor Pool and Sprayground*

8 am – 4:45 pm

Indoor Pool

7 – 11:45 am

** weather permitting*

Group Exercise Schedule

JULY 4, 2026

TIME	CLASS	STUDIO	INSTRUCTOR
8:30 am	Star Spangled Cycle (75 min)	C	Jaime
8:30 am	Freedom Flow Yoga	R	Johanna
9 am	Sweat & Sparkle Cardio Sculpt	GF	Jill
10:05 am	Stars, Stripes & Sweat Bootcamp	GF	Leigh
11:05 am	Red, White & Groove	GF	Lori

KEY:

R = Rzepka Fitness Studios for Yoga & Pilates

GF = Group Fitness Studio

C = Cycle Studio

Gym Schedule

7 am – noon

Open gym

Please be respectful and share court time. Time limit may be imposed.

Open gym is first-come, first-served and is available for all ages.

