

# **ATTENTION MEMBERS**

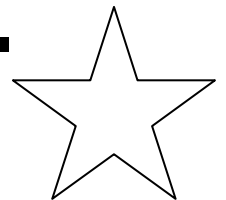
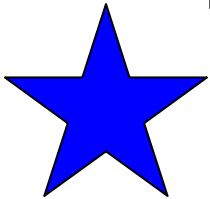
OUR JULY 4<sup>TH</sup> HOLIDAY HOURS WILL BE AS FOLLOWS:



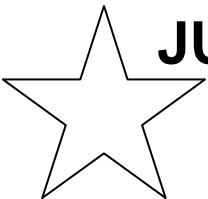
**FRIDAY, JULY 3<sup>rd</sup>  
5:00 A.M. TO 5:00 P.M.**



**SATURDAY, JULY 4<sup>TH</sup>  
7:00 A.M. TO 5:00 P.M.**

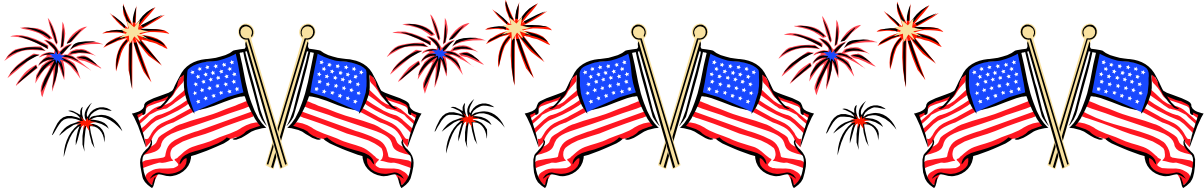


- **KIDS KASTLE WILL BE CLOSED ALL DAY SATURDAY, JULY 4<sup>TH</sup>. ALSO NO FAMILY SWIM.**
- **AN ABBREVIATED GROUP EXERCISE SCHEDULE WILL BE POSTED FOR FRIDAY, JULY 3<sup>RD</sup> AND JULY 4<sup>TH</sup>.**



**WE WILL RESUME OUR REGULAR HOURS ON SUNDAY, JULY 5<sup>TH</sup>. HAVE A SAFE AND ENJOYABLE 4<sup>TH</sup> OF JULY HOLIDAY.**

# July 3<sup>rd</sup> - 5<sup>th</sup> Group Exercise Schedule



**\*\*\*(*FITCHBURG LOCATION*):**

## Friday, July 3<sup>rd</sup>:

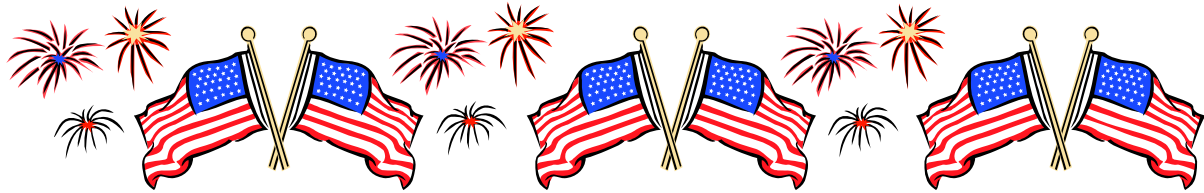
- 5:30 am TurboKick (*Heather, #1*)
- 8:30 am Cardio Interval (*Hallie, #1*)
- 9:30 am BodyPump (*Vikki, #1*)
- 10:30 am Hip Hop Dance Party (*Katy, #1*)

## Saturday, July 4<sup>th</sup>:

- 7:30 am Cycling (*Dana, #2*)
- 8:30 am TurboKick (*Franck & Rachel, #1*)
- 9:30 am BodyPump (*LAUNCH CLASS!* #1)

## Sunday, July 5<sup>th</sup>:

*Usual Schedule*



**\*\*\*(*CAPITOL SQUARE LOCATION*):**

**Friday, July 3<sup>rd</sup>:**

**11:45 am Functional Fitness** (*Brian, Group Ex Studio*)

**NO 12:15 PM CYCLING CLASS**

**Saturday, July 4<sup>th</sup>:**

**8:30 am BodyPump** (*Shana, Group Ex studio*)

**9:30 am Functional Fitness** (*Shana, Group Ex Studio*)

**NO CLASSES SUNDAY, JULY 5TH**

