

Palm Class Descriptions

Cycle

60 minutes of cycling on state-of-the-art Keiser Bikes. Join us as we "spin" through imaginary voyages, speed & hill intervals. Bikes can be adjusted to your personal fitness level (easy to hard).

Water Aerobics

A low-impact, high-intensity workout in our Jr.Olympic size, indoor pool.

Aqua Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30am-9:30am	Steph	Chris	Terry	Chris	Chris	
6:00pm-7:00pm		Nancy		Nancy		

Club Hours

Monday-Thursday 4am-11pm

Friday 4am-10pm

Saturday-Sunday 6am-8pm