

# HAPPY FAMILY DAY!



**CLUB OPEN HOLIDAY HOURS:  
8AM - 6PM**

**BRING A FRIEND OR FAMILY MEMBER FOR A FREE WORKOUT!  
(WOMEN ONLY)**

**CYCLE WITH LYNDA**

**8:45 AM - 9:25 AM**

**ZUMBA WITH HEIDI**

**9:30 AM - 10:25 AM**

**HOT YOGA WITH AUDRIANNA**

**9:30 AM - 10:25 AM**

**MUSCLE MIX WITH ANTOINETTE**

**10:30 AM - 11:30 AM**

**All other classes are cancelled for Family Day.**

**Regular Class Schedule and Regular Club Hours  
Fri Feb 15th, Sat Feb 16th & Sun Feb 17th**