IRON WORKS FITNESS CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
MULTI-PURPOSE ROOM						
8:20a Body Works 10:00a Yoga 6:00p Zumba 7:00p Pilates	9:00a SILVER SNEAKERS 5:30p ABS 6:00p Body Works	8:20a Body Works 6:00p Yoga	9:00a SILVER SNEAKERS 5:30p ABS 6:00p Body Works	8:20a Body Works 9:30a SILVER SNEAKERS 10:30a Yoga		
SPINNING ROOM						
5:15a Spinning 6:00a Spinning 6:00p Spinning	5:15a Spinning 8:15a Spinning 6:00p Spinning	5:15a Spinning 6:00a Spinning 6:00p Spinning	5:15a Spinning 8:15a Spinning 6:00p Spinning	5:15a Spinning 6:00a Spinning	6:30a Spinning 8:30a Spinning	6:30a Spinning

HOURS OF OPERATION

MON-THUR…4:00am - Midnight
FRI……4:00am - 9:00pm
SAT ……..6:00am - 7:00pm
SUN (split)..... 6:00am - 10:00am
4:00pm - 8:00pm

PHONE NUMBER

744-3333

LADY WORKS ORIENTATION CLASSES ARE AVAILABLE

(see front desk for times)

CHILDCARE HOURS

Mornings MON thru SAT…….....8:00-11:00
Evenings MON thru THURS.....3:00 - 8:00

CHILDCARE IS $1.50 PER CHILD