

Fitness Class Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Fitness Center Opens						
5:30am	SWAT Team 5:30-6:15am		SWAT Team 5:30-6:15am		SWAT Team 5:30-6:15am		
9:15 am	Fit Forever 9:00-9:45am	Fit Forever 9:00-9:45am	Fit Forever 9:00-9:45am	Fit Forever 9:00-9:45am	Fit Forever 9:00-9:45am	Fitness Center Opens @ 8:00am	
10:15 am	Yoga 10:00-11:00am	Yoga 10:00-11:00am	Yoga 10:00-11:00am	Yoga 10:00-11:00am	Yoga 10:00-11:00am		
11:00am		Sit & Sculpt 11:15am-12:00pm		Sit & Sculpt 11:15am-12:00pm			
12:15 pm	Butts & Guts 12:15-12:45	Core Madness (Pilates) 12:15-12:45	Butts & Guts 12:15-12:45	Core Madness (Pilates) 12:15-12:45	Butts & Guts 12:15-12:45		Fitness Center Opens 1:00pm
4:30pm	Take advantage of this time to try the video class experience in our Class Studio Couch to 5K						
5:30 pm	Take advantage of this time to try the video class experience in our Class Studio Couch to 5K					Fitness Center Closes	Fitness Center Closes

ERC Class Pass (land and aquatic classes \$60/22 classes
 Walking Track Pass \$15/22 walks
 Lap Swim Pass \$30/22 swims
 Racquetball Pass \$35/10 games
 Indoor Sports Pass for Pickleball, Table Tennis, Basketball, and
 Indoor Soccer
 \$20 /22 activities

SWAT Team and Couch to 5K are not included in the Fitness Membership