

HOLIDAY HOURS

Thanksgiving

Closed

Black Friday

5a-10p

Modified Group Fitness Schedule
Nursery Opened

Christmas Eve

7a-1p

Modified Group Fitness Schedule
Nursery Opened

Christmas

Closed

New Years Eve

7a-1p

Modified Group Fitness Schedule
Nursery Opened

News Years Day

5a-10p

No Group Fitness Classes
Nursery Closed
Iron Bridge: 9am Class Only