

ATHLETIC PERFORMANCE CENTER **CENTRAL**

Effective 6/1/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
H.I.I.T. 6:00-6:45 am John	MEMBER ACCESS 6:00 - 9:00a	H.I.I.T. 6:00-6:45 am Gayle	MEMBER ACCESS 6:00 - 9:00a	H.I.I.T. 6:00-6:45 am Gayle	
H.I.I.T. & Stretch 9:00-10:00 am Carl		H.I.I.T. & Stretch 9:00-10:00 am Carl		H.I.I.T. & Stretch 9:00-10:00 am Lou/Sally	
Athletic Performance Jump Stretch 10:30-11:30 am	Boot Camp 10:30 - 11:30 Carl	Athletic Performance Jump Stretch 10:30-11:30 am		MEMBER ACCESS 10:30 am - 4:00 pm	Athletic Performance Jump Stretch 10:30-11:30 am
Athletic Performance Jump Stretch 11:30 - 12:30	MEMBER ACCESS 11:30 am - 3:30 pm	Athletic Performance Jump Stretch 11:30 - 12:30	MEMBER ACCESS 11:30 am - 3:30 pm		MEMBER ACCESS 11:30 am - 5:00 pm
MEMBER ACCESS 1:00 pm - 4:30 pm		MEMBER ACCESS 1:00 pm - 4:30 pm	Jump Stretch Orientation 4:00-4:45 pm		
	Athletic Performance Jump Stretch Training 5:15-6:15 pm		Athletic Performance Jump Stretch Training 5:15-6:15 pm		
12 Rounds 6:00-7:00 pm Clemate	H.I.I.T. & Stretch 6:30-7:30 pm Sherri		H.I.I.T. & Stretch 6:30-7:30 pm Carl		

***NEW* MEMBERSHIP ACCESS :** Create your own H.I.I.T. (High Intensity Interval Training) workout with our functional training equipment!
 The Athletic Performance Center (APC) is for adults 18+
 Individuals 14-17yrs must be accompanied by a gaurdian unless signed into a program.
 Classes in black are paid classes and can be registered for at the Service Desk

For class descriptions & updates checkout out our app!



Download on the App Store

GET IT ON Google Play

Classes in the dark shaded boxes require a registration fee.

For pricing visit our website


