

ATHLETIC PERFORMANCE CENTER **CENTRAL**

Effective 9/1/26

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	
	Boot Camp 10:30 – 11:30 Carl			MEMBER ACCESS 10:30 am – 4:00 pm	Athletic Performance Jump Stretch 10:30–11:30 am
MEMBER ACCESS 11:00 am – 3:00 pm	MEMBER ACCESS 11:30 am – 3:30 pm	MEMBER ACCESS 11:00 am – 3:00 pm	MEMBER ACCESS 11:30 am – 3:30 pm		MEMBER ACCESS 11:30 am – 5:00 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		
Athletic Performance Jump Stretch 4:00–5:00 pm	H.I.I.T. & Stretch 6:30–7:30 pm Carl	Athletic Performance Jump Stretch 4:00–5:00 pm	H.I.I.T. & Stretch 6:30–7:30 pm Sherri		

MEMBERSHIP ACCESS : Come try out our functional training equipment!
The Athletic Performance Center (APC) is for adults 18+
Individuals 14–17yrs must be accompanied by a guardian 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



