



Fitness. Family. Community.



SHOWER HOURS

Monday-Friday

Showers OPEN - 6:30am-9:00am

CLOSED For Cleaning - 9:00am-10:00am

Showers OPEN - 10:00am -3:00pm

CLOSED For Cleaning - 3:00pm -4:00pm

Showers OPEN - 4:00pm - 8:00pm

Saturday & Sunday

Showers OPEN - 6:00am-12:00pm