

# **Aerobics Room / Gym Hours**

## **Reservations Required**

Monday through Friday:

- 6:00am-7:30am
- 8:30am-10:00am
- 11:00am-12:30pm
- 1:30pm-3:00pm
- 4:00pm-5:30pm
- 6:30pm-8:00pm

Saturday and Sunday:

- 8:00am-9:30am
- 10:30am-12:00pm
- 1:00pm-2:30pm
- 3:30pm-5:00pm
- 6:00pm-7:30pm