

FITNESS GUIDELINES AND PASS INFORMATION

- Classes are available to members only
- Classes are offered in-house, with a monthly pass or Platinum Membership
- There are four fitness quarters (3 three months each) per year, with one off week between each cycle. Classes are NOT OFFERED during the off week
- Must be 14 years old to participate in classes offered within the Center. (14-15 must be accompanied by an adult)
- Classes are taken at participant's own risk. Descriptions are provided along with fitness level recommendations in order to ensure awareness and safety for all participating in the class.

FITNESS PASSES

Available to members only

\$25 per month with unlimited class attendance

Included with the purchase of Platinum Membership

Session	Session Dates	Possible Schedule Changes	Break Week
Session 1	January 4 - March 28	MLK Jr. Day President's Day	March 29 - April 4
Session 2	April 5 - June 27	Easter Memorial Day Juneteenth	June 28 - July 4
Session 3	July 5 - October 3	4th of July Labor Day (shutdown week)	Sept 6 - Sept 12 (shutdown week)
Session 4	October 4 - December 23	Columbus Day Veteran's Day Thanksgiving Christmas New Year's	Dec 24 - Jan 1