

MEMBERSHIP

ADULT PLATINUM MEMBERSHIP SCHEDULE

ADULT PLATINUM MEMBERSHIP

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|--|--|
| Weight & Cardio Room Access 8:00 a.m. - 9:00 p.m. | Weight & Cardio Room Access 8:00 a.m. - 9:00 p.m. | Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m. | Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m. | Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m. | Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m. | Weight & Cardio Room Access 6:00 a.m. - 10:00 p.m. |
| Cardio Boot Camp 9:00-9:45 a.m. | Aqua Fit 11:15-12:00 p.m. | Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m. | Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m. | Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m. | Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m. | Adult Swim 6:30 a.m.-4:00 p.m. 8:00-10:00 p.m. |
| Beginner Yoga 10:00-10:45 a.m. | Adult Swim 7:00-9:00 p.m. 1 lane (7-8) | Zumba Gold 10:15-10:45 a.m. | Pickleball 10:00-11:00 a.m. | Group Strength Training 10:00-10:45 a.m. | Aqua Fit 10:00-10:45 a.m. | Group Strength Training 10:00-10:45 a.m. |
| Adult Open Gym 7:00-9:00 p.m. Half court - Basketball Half court - Badminton | Adult Soccer 8:00-9:00 p.m. | Adult Open Gym 8:00-10:00 p.m. Half court - Basketball Half court - Badminton | Beginner Yoga 1:30-2:30 p.m. & 7:00-8:00 p.m. | CrossFit Workout 7:00-8:00 p.m. | Beginner Yoga 6:15-7:15 p.m. | Snowshoe Adventure 7:00-8:30 p.m. |
| | | HIIT 7:00-8:00 p.m. | Adult Badminton 8:00-10:00 p.m. | Adult Basketball 8:00-10:00 p.m. | Zumba 7:30-8:30 p.m. | Adult Basketball 8:00-10:00 p.m. |

| Membership Duration | Pricing |
|---------------------|---------|
| 1-month | \$40 |
| 3-month | \$120 |
| 6-month | \$225 |
| 1 year | \$440 |