Agility Room
Modified Group Fitness Schedule

The Agility Room will be closed from May 23 - May 31 due to new HVAC system installation.

All classes held in the Agility Room are cancelled during this week but the following classes will be held:

NEW LOCATION: Field #2 on main level

Date	Time	Class	Instructor
Thursday, May 23	4:45 - 5:30 PM	HIIT Training	Lindsay Hetrick
Monday, May 27	>>>	SEE MEMORIAL DAY MODIFIED SCHEDULE	
Tuesday, May 28	9:10 - 9:50 AM	Balance and Sweat	Julianne Smith
Wed., May 29	9:00 - 10:00 AM	Total Body Tune Up	Melissa Figura

Thank you for your patience and understanding as we make important improvements in the Agility Room.

BODY ZONE™ Sports and Wellness Complex