



4TH OF JULY

HOLIDAY HOURS

FITNESS CENTER

4:30 a.m. - 3 p.m.

GUEST SERVICES

8 a.m. - 3 p.m.

CHILDCARE

8 a.m. - noon

TENNIS CENTER

Closed

FIELD HOUSE

5 a.m. - 3 p.m.

Members Only

MEMBERSHIP

Closed

POOLS

COMPETITION

5 a.m. - 3 p.m.

Lap Swim Only

LEISURE

11 a.m. - 3 p.m.

THERAPY

5 a.m. - 9 a.m.

Noon - 2 p.m.

Adults Only

GROUP EXERCISE

BODY BLITZ (FIELD HOUSE)

5:15 a.m.

La Shawn

YOGA STRETCH & STRENGTHEN (STUDIO 2)

7:15 a.m.

Annette

TGIF RESTORE (STUDIO 2)

8:30 a.m.

Stacy

TABATA (FIELD HOUSE)

8:30 a.m.

Gera

FUNCTIONAL FITNESS (FIELD HOUSE)

11 a.m.

Ryan



foxvalleyparkdistrict.org