



Aquatic Class Schedule

MON	TUES	WED	THURS	FRI
8-8:45am Total Body Sue		8-8:45am Total Body Sue	8-8:45am Aqua Zumba Logan	8-8:45am Total Body Sue
9-10am Silver Foxes Deborah	9-9:45am Interval Training Sue	9-10am Silver Foxes Deborah	9-9:45am Interval Training Sue	9-10am Silver Foxes Deborah
	10-11am Pila-Chi Sue		10-11am Pila-Chi Sue	

Hours of Operation

Monday-Thurs 5am-9pm
 Friday 5am-8pm
 Saturday 8am-6pm
 Sunday 10am-6pm

Child Care Hours

Monday-Friday 8am-12pm
 Monday-Thurs 4pm-8pm
 Saturday 8am-12pm

98 Quarterhorse Lane
 Hampstead, NC 28443
 Phone: 910-270-4044