



Jefferson Valley

# Memorial Day Hours

Monday, May 31

7am - 6pm

## Nursery & Energy Center

9:00am - 12:00pm

## Pool

7:00am - 5:00pm

## Café

7:00am - 12:00pm

## Massage

Appointments Available  
(Holiday surcharge applies)

## Group Exercise Schedule

7:30	Spinning with Barry	Spin Studio
8:30	Cardio Splash with Lisa	Program Pool
9:00	Boot Camp with Karen	Studio 1
9:15	Super Spin with Ken	Spin Studio
10:00	Hatha Yoga with Pat	Studio 3

**Register for SUMMER CAMP!**

*Sports, Tennis & Swim...great summer fun starts here!*