

# May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Classes are subject to change	<b>1</b> <b>Sunrise Circuit</b> 5:45-6:15am <b>Line Dancing</b> 8:30-9:30am <b>Lite Weights</b> 9:45-10:15am	<b>2</b> <b>Circuit Strength</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10am <b>Barre Fusion</b> 10:15am	<b>3</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Strong Seniors</b> 8:30-8:50am <b>Water Aerobics</b> 9-10am	<b>4</b> <b>Circuit Strength</b> 5:45-6:15am <b>Lite Aerobics</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10am <b>SOUL Fusion</b> 5:30-6:15pm	<b>5</b> <b>Friday Funday</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am	<b>6</b>
<b>7</b>	<b>8</b> <b>Sunrise Circuit</b> 5:45-6:15am <b>Line Dancing</b> 8:30-9:30am <b>Lite Weights</b> 9:45-10:15am	<b>9</b> <b>Circuit Strength</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10am <b>Yoga</b> 10:15am	<b>10</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Strong Seniors</b> 8:30-8:50am <b>Water Aerobics</b> 9-10am	<b>11</b> <b>Circuit Strength</b> 5:45-6:15am <b>Lite Aerobics</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10am <b>SOUL Fusion</b> 5:30-6:15pm	<b>12</b> <b>Friday Funday</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am	<b>13</b>
<b>14</b>	<b>15</b> <b>Sunrise Circuit</b> 5:45-6:15am <b>Line Dancing</b> 8:30-9:30am <b>Lite Weights</b> 9:45-10:15am	<b>16</b> <b>Circuit Strength</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10am <b>Barre Fusion</b> 10:15am	<b>17</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Strong Seniors</b> 8:30-8:50am <b>Water Aerobics</b> 9-10am	<b>18</b> <b>Circuit Strength</b> 5:45-6:15am <b>Lite Aerobics</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10am <b>SOUL Fusion</b> 5:30-6:15pm	<b>19</b> <b>Friday Funday</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am	<b>20</b>
<b>21</b>	<b>22</b> <b>Sunrise Circuit</b> 5:45-6:15am <b>Line Dancing</b> 8:30-9:30am <b>Lite Weights</b> 9:45-10:15am	<b>23</b> <b>Circuit Strength</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10am <b>Yoga</b> 10:15am <b>SOUL Fusion</b> 5:30-6:15pm	<b>24</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Strong Seniors</b> 8:30-8:50am <b>Water Aerobics</b> 9-10am	<b>25</b> <b>Circuit Strength</b> 5:45-6:15am <b>Lite Aerobics</b> 8:15-9:15am <b>Water Aerobics</b> 9:30-10am	<b>26</b> <b>Friday Funday</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am	<b>27</b>
<b>28</b>	<b>29</b> <b>No Staffed Hours</b> 	<b>30</b> <b>Circuit Strength</b> 5:45-6:15am <b>Aqua Fit</b> 8:15-9:15am <b>Chair Yoga</b> 9:30-10am <b>Barre Fusion</b> 10:15am	<b>31</b> <b>Sunrise Shred</b> 5:45-6:15am <b>Strong Seniors</b> 8:30-8:50am <b>Water Aerobics</b> 9-10am	<b>Hours</b> Monday-Thursday 5:30am-6:30pm Friday 5:30am-5:00pm Saturday 8:30am-11:00am Sunday No Staffed Hours		"Like" us on Facebook! <a href="https://www.facebook.com/cherokeefitnesscenter">www.facebook.com/cherokeefitnesscenter</a> 

## Summer Staffed Hours

Monday-Thursday 5:30am-6:30pm

Friday 5:30am-5:00pm

Saturday 8:30am-11:00am

Sunday Closed

## Prices

OPTIONS	SINGLE	FAMILY
6 Months	\$210	\$295
12 Months	\$330	\$455
Seniors* 6 Months	\$190	\$255
Seniors* 12 Months	\$310	\$415
Day Pass**	\$6	—
25 Punch Card**	\$125	—

\*Seniors age 62+

\*\*Not valid for 24-hour access

24-hour access available to all 18+ members.

## Under 18 Swim Hours

Monday-Thursday 4:00pm-6:00pm

Open Pickleball Courts

Wednesdays & Fridays @ 7:30am-10:00am

7th & 8th grade Morning Lifting

Monday-Friday 6:30am

Hip Strengthening for student athletes

Mondays, Wednesdays, Fridays @ 7:15am

## 24 HOUR ACCESS INFO

- Only current memberships will allow you 24 hour access.
- Day passes only available during staffed hours.
- Any member over the age of 18 will be allowed to use the Fitness Center anytime.
- Members age 13-17 may use the facility during unstaffed hours when accompanied by an adult on the same membership.
- Your membership card is for **your entrance only**, one person, one card, one scan.
- The Fitness Center uses 24 hour video monitoring for security purposes only. We recommend that you have another member accompany you while using the facility during unstaffed hours.

## General Reminders

- If you have not signed a new waiver, please stop at the front desk next time you visit.
- Abide by the 30 minute time limit on cardio machines.
- Let staff know of any concerns you may have.



Shower before entering the pool!



The pool water does clean your body, but those particles being rinsed from your body by the pool water don't just disappear. They go into the water. So, by showering, you're doing your fellow swimmers a favor.

## Be on the lookout for Summer Programs!!

Middle School Lifting

Speed and Agility

More info to come!!!