

NEW Hours!

Steam & Sauna Room

WOMEN

Monday & Wednesday	8:30 AM to 8:45 PM
Friday	8:30 AM to 12:45 PM
Saturday	8:30 AM to 12:30 PM

MEN

Tuesday & Thursday	6:00 AM to 8:30 AM ** MEMBERS ONLY **
Tuesday & Thursday	8:30 AM to 8:45 PM
Friday	1:00 PM to 5:45 PM
Saturday	12:45 PM to 4:45 PM

CO-ED

MON, WED, & FRI	6:00 AM to 8:15 AM ** MEMBERS ONLY **
Friday	6:00 PM to 8:45 PM