

friday club nights

Cardio DJ Nights with Johnny Fever

5:30-8:30 p.m.

Rev up your workout in the Cardio Theater with pulse-pumping, original mixes from the region's most popular DJs.

Zumba® 5:30-6:45 p.m.

Shake your thing & join the party in the Pavilion. *No dance experience required. Dress the part or come as you are. Non-marking shoes required.*

Bistro Lounge 6:00-close

Stay and chill in The Bistro lounge with \$5.00 appetizers and drink specials. 21 and over.

TRX® Total Body 5:45-6:40 p.m.

Turn your workout upside down and redefine your body without lifting a single weight! Studio B.

Burlesque Workout 5:45-6:40 p.m.

Flirty and fun workout for the sexy at heart in the Yoga Studio. *Women ONLY. Please come dressed in fitness attire and athletic shoes. All levels welcome.*

let the club be your club.

No cover. No class fees.
Must be **14+** to participate.
Childcare by reservation.
Regular guest fees & guest policy apply.

PRO
Sports Club