



FREE
Exercise classes!
Join us!

New at Simpkins Family Swim Center
WellBeats Fitness Workouts!

Come check out our FREE Open Houses

Sunday, January 28th 9am to 12pm

Wednesday, January 31st 4pm to 7pm

Saturday, February 3rd 10am to 2pm

Sunday, February 4th 9am to 12pm

Wednesday, February 7th 4pm to 7pm

Saturday, February 10th 10am to 2pm

Sunday, February 11th 9am to 12pm

Thursday, February 15th 4 to 7pm

****A staff member will be available to answer any questions****

Check out our FREE Open House Schedules

**Bring your
water**

**Bring your
workout gear**

Sunday	Wednesday	Saturday	Sunday
January 28th	January 31st	February 3rd	February 4th
<u>9:05 AM</u> AEROBIC DANCE	<u>4 PM</u> AEROBIC DANCE	<u>10 AM</u> YOGA	<u>9:05 AM</u> AEROBIC DANCE
<u>10 AM</u> OPEN STUDIO	<u>4:40 PM</u> OPEN STUDIO	<u>11 AM</u> HIIT	<u>10 AM</u> OPEN STUDIO
<u>10:30 AM</u> HIIT	<u>5:15 PM</u> HIIT	<u>11:30 AM</u> OPEN STUDIO	<u>10:30 AM</u> HIIT
<u>11 AM</u> YOGA	<u>5:45 PM</u> OPEN STUDIO	<u>12:15 PM</u> TONING/ SCULPTING	<u>11 AM</u> YOGA
	<u>6:30 PM</u> YOGA	<u>12:45 PM</u> OPEN STUDIO	
		<u>1:15PM</u> AEROBIC DANCE	
Wednesday	Saturday	Sunday	Thursday
February 7th	February 10th	February 11th	February 15th
<u>4 PM</u> AEROBIC DANCE	<u>10 AM</u> YOGA	<u>9:05 AM</u> AEROBIC DANCE	<u>4 PM</u> PILATES
<u>4:40 PM</u> OPEN STUDIO	<u>11 AM</u> HIIT	<u>10 AM</u> OPEN STUDIO	<u>4:30 PM</u> OPEN STUDIO
<u>5:15 PM</u> HIIT	<u>11:30 AM</u> OPEN STUDIO	<u>10:30 AM</u> HIIT	<u>5 PM</u> ZUMBA
<u>5:45 PM</u> OPEN STUDIO	<u>12:15 PM</u> TONING/ SCULPTING	<u>11 AM</u> YOGA	<u>5:30 PM</u> OPEN STUDIO
<u>6:30 PM</u> YOGA	<u>12:45 PM</u> OPEN STUDIO		<u>6 PM</u> CARDIO AEROBIC
	<u>1:15PM</u> AEROBIC DANCE		