



Coached Masters Workouts

Join our experienced Masters coaches in weekly 60-min workouts!

Current Schedule:

- Mondays, Wednesdays, & Fridays 12PM
 - Mondays are currently an un-coached, informal workout group--no Masters workout fee, but normal admission policies apply
- Tuesday, Thursday & Saturday workouts are temporarily discontinued after Thursday 6/25 -- but they'll return in the fall!

Pricing:

22 workout punch cards available for \$110/members, \$155/low usage members & \$175/program pass holders
Drop in for \$7/members, \$9/low usage members, \$11/program pass holders and \$15/non-members