

Frequently Asked Questions

What are the hours of the Fitness & Aquatics Center?

Our hours are Monday through Thursday 5:00am-10:00pm
Friday 5:00am-9:00pm. Saturday 7:00am-7:00pm. Sunday
7:00am-5:00pm.

Is there an age limit for the people who can use the facility?

Yes. You must be 16 years of age or older to use any portion of the Fitness & Aquatics Center.

How much is a daily pass to the Fitness Center?

If you are not a member and want to check us out before signing up (recommended), then there is a \$10.00 one-day rate. If you come in with a current member as a guest of theirs, then there is a \$5.00 one-day rate.

Do you have personal trainers available?

Yes. We have personal trainers available with flexible schedules to fit your workout times and needs.

How much are the classes held at the Fitness Center?

All of our classes and water volleyball are free with memberships.

Does the health club provide amenities for its members?

Yes. We provide things like q-tips, lotion, shaving cream, disposable razors, shower soap, and we even have coffee for our members who come in the mornings.

How long is the swimming pool?

The swimming pool is a 25-meter lap pool. It's 4.5' deep in the center, and heated at 84 to 85 degrees. We also have a Jacuzzi and Sauna. All are which are indoors.