



HURRICANE IDA RECOVERY

Updated 9/3

CLUB HOURS

Military Rd. Regular hours 4:30am - 10pm Weekdays, Sat. 7am -8pm, Sunday 8am -8pm
 Lifeguards on Duty Sat, Sun, Labor Day (Mon) Noon-6pm with Waterslide Open
Gause Blvd. Reopens Saturday at 7am 24hrs with fitness floor only, no classes or child care.
Pontchartrain Dr. Reopens Monday 8am - 8pm until further notice. .

We anticipate being back to full schedule and services at all locations on Tuesday, 9.7.21

Child Care Available At Military Rd. Location

Friday 8am-2pm | Saturday 8am-2pm | Sunday 10am-1pm | Monday 8am-2pm
 Helping Hands Preschool Resumes Wednesday 9.8 | 9am - 1pm
 Day Camp Available Starting Tuesday 9.7 thru Friday, 9am - 4pm, Must pre-register online

Group Exercise Special Schedule

Military Rd. Only, All Members Welcome

Friday		Saturday	
8:30am	Spinning Greg & Pam	8:30am	Spinning Shannon & Renee
8:30am	Step Kristy & Theresa	8:30am	Body Attack Theresa & Wendy
10am	Body Pump Danielle & Jessica	8:30am	Intermediate Yoga Maria (75 Min.)
		9:45am	Body Pump Danyel & Chris
Sunday		Monday (Labor Day)	
9am	Spinning Misty	8:30am	Spinning Pam & Greg
9am	Body Combat Renee	8:30am	Soul Fusion Kristy & Danielle
10:15am	Body Pump Misty	9am	Yoga Mixed Level Joy
10:15am	Yoga For Athletes Deslie	10am	Body Pump Theresa & Danielle

Schedule Updated On Website and The CGAPP
 Regular schedule to resume tentatively Tuesday 9.7