### Monday Morning
- **CrossFit Workout of the Day**
  - Time: 5:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15
- **Cycle Spin**
  - Time: 5:15 AM
  - Location: S3
  - Instructor: Christy
  - Fee: $15
- **CrossFit Workout of the Day**
  - Time: 6:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15

### Tuesday Morning
- **CrossFit Workout of the Day**
  - Time: 5:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15
- **Cardio Core**
  - Time: 6:00 AM
  - Location: S1
  - Instructor: Monica
- **Early AM Boot Camp**
  - Time: 6:00 AM
  - Location: S1
  - Instructor: Monica
- **Intro To Water Fitness**
  - Time: 8:05 AM
  - Location: SCP
  - Instructor: Tracy
- **Senior Drive Circuit**
  - Time: 8:30 AM
  - Location: SS

### Wednesday Morning
- **CrossFit Workout of the Day**
  - Time: 5:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15
- **Cycle Spin**
  - Time: 5:15 AM
  - Location: S3
  - Instructor: Christy
  - Fee: $15
- **CrossFit Workout of the Day**
  - Time: 6:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15

### Thursday Morning
- **CrossFit Workout of the Day**
  - Time: 5:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15
- **Cycle Spin**
  - Time: 5:15 AM
  - Location: S3
  - Instructor: Christy
  - Fee: $15
- **CrossFit Workout of the Day**
  - Time: 6:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15

### Friday Morning
- **CrossFit Workout of the Day**
  - Time: 5:00 AM
  - Location: CFS
  - Instructor: Andrea
  - Fee: $15
- **Cardio Core**
  - Time: 5:15 AM
  - Location: S3
  - Instructor: Monica
  - Fee: $15
- **Early Morning Workout**
  - Time: 6:15 AM
  - Location: SCP
  - Instructor: Tracy
  - Fee: $15

### Flex Cards
- To take a Specialty Fitness Class, members can either sign up for a five week session of classes or purchase a Flex Card. A Flex Card lets you take Specialty Fitness Classes without registering; just show up and have the instructor punch your card.
- 5 Punch Card: $20
- 20 Punch Card: $74
- 10/Punch/WaterFitnessCard: $35