

FUSION MARCH UPDATE

THIS MONTH'S HOURS FOR BOTH THE POOL AND FACILITY:

	POOL	FACILITY
MON-THURS:	6A-12P, 2P-6P	5A-7P
FRIDAY:	6A-12P, 2P-5P	5A-6P
SATURDAY:	7A-3P	7A-3P
SUNDAY:	11A-3P	11A-3P

RESERVATIONS TO SWIM ARE REQUIRED

NO MORE THAN 24 HRS IN ADVANCE BY CALLING 532-3896

WE WILL NOW ACCEPT RESERVATIONS AS "LAP LANE" OR "OTHER" IN 1 HOUR INCREMENTS. YOU CAN ALSO RESERVE A SPOT DURING THE FOLLOWING FAMILY SWIM TIMES.

POOL WILL BE RESERVED FOR FAMILY SWIM ONLY:
TUES & THURS 4P-6P, FRI 2-4P, SAT 11A-3P, & SUN 11A-3P

 MORE TIMES
ADDED!

PRIVATE SWIM LESSONS AVAILABLE!

LESSON INSTRUCTOR WILL WEAR
A FACE SHIELD WHILE IN WATER
WITH THE STUDENT. TO SIGN UP
FOR PRIVATE SWIM LESSONS, **SEE
FUSION FRONT DESK.**

MASKING UPDATE!

IF YOU ARE 6 FEET APART FROM
ANOTHER WHILE WORKING OUT,
YOU CAN **REMOVE YOUR MASK!**
HOWEVER, PLEASE LEAVE ON
WHEN IN HALLWAYS, LOCKER
ROOMS, ETC.

MORE CLASSES ADDED IN MARCH!

MONDAYS: 6A - AQUA FIT (POOL) -- 11:30A - UPPER BODY PUMP -- 5:30P - ROCK BODY

TUESDAY: 6A-ROCK BODY -- 8A-MELTDOWN (POOL) -- 9A-MOVIN & GROOVIN (POOL)
-- 4:30P - BOOT CAMP

WEDNESDAY: 5:15A-CARDIO CYCLE -- 11:30A-LOWER BODY PUMP

THURSDAY: 6A-ROCK BODY -- 8A-AQUA BOOT CAMP (POOL) -- 9A-FLUID MOTION(POOL)
-- 4:30P-BOOT CAMP

FRIDAY: 8A-STEP IT UP -- 9A-RIVER RUMBLE (POOL) -- 11:30A-LUNCH CRUNCH
-- 12P-CARDIO CYCLE