



4TH OF JULY HOLIDAY HOURS

FITNESS CENTER

4:30 a.m. - 3 p.m.

GUEST SERVICES

8 a.m. - 3 p.m.

CHILDCARE

8 a.m. - noon

TENNIS CENTER

Closed

FIELD HOUSE

5 a.m. - 3 p.m.

Adult Open Basketball &
Member Basketball

MEMBERSHIP

Closed

POOLS

COMPETITION

5 a.m. - 3 p.m.
Lap Swim Only

LEISURE

11 a.m. - 3 p.m.

THERAPY

5 a.m. - 9 a.m.
Noon - 2 p.m.
Adults Only

GROUP EXERCISE

FREEDOM CYCLE

5:15 a.m.

Ryan

Enjoy the ride set to an awesome playlist!

STARS, STRIPES & SWEAT

9-10:15 a.m.

Chrissa

An explosive cardio and total body strength class including core work suitable for all levels of exercisers. We will finish off the morning with some stretching and gentle yoga, leaving you ready to celebrate the day! Red, white and blue attire is encouraged!



foxvalleyparkdistrict.org