



HAPPY MEMORIAL DAY **REMEMBER & HONOR**

WEEKEND & HOLIDAY HOURS

SAT, MAY 26 & SUN, MAY 27

Regular Facility Hours | Limited GroupX Classes

8:30 a.m.: Yoga Multi-level (*with Beth*)

9:30 a.m.: Be Fit for Life (*with Sabrina*)

9:45 a.m.: Zumba (*with Tasha*)

MON, MAY 28 (MEMORIAL DAY)

Institute: 4:30 a.m. – 6 p.m. | Hideaway: 8 a.m. – 1 p.m. | Spa: CLOSED

No GroupX Classes



CHRISTUS[®]
GOOD SHEPHERD

Institute for Healthy Living