



**Anderson Health & Fitness Center  
is open 7 days a week**

**Monday - Thursday:** 5 a.m. - 9 p.m.

**Saturday:** 8 a.m. - 5 p.m.

**Friday:** 5 a.m. - 8 p.m.

**Sunday:** 1 p.m. - 4 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 6:30 A.M. with Reva	5:30 - 6:30 A.M. with Rob	5:30 - 6:30 A.M. with Reva	5:30 - 6:30 A.M. with Rob	5:30 - 6:30 A.M. with Reva	
8:30 - 9:30 A.M. with Rob	8:30 - 9:30 A.M. with Rob	8:30 - 9:30 A.M. with Rob	8:30 - 9:30 A.M. with Rob	8:30 - 9:30 A.M. with Rob	10 - 11 A.M. with TBD
11 A.M. - 12 P.M. with Rob	11 A.M. - 12 P.M. with Rob	11 A.M. - 12 P.M. with Rob	11 A.M. - 12 P.M. with Rob	11 A.M. - 12 P.M. with Rob	
12 - 1 P.M. with Amy	12 - 1 P.M. with Amy	12 - 1 P.M. with Amy	12 - 1 P.M. with Amy	12 - 1 P.M. with Amy	
4 - 5 P.M. with TBD	4 - 5 P.M. with TBD	4 - 5 P.M. with TBD	4 - 5 P.M. with TBD	4 - 5 P.M. with TBD	
5 - 6 P.M. with Reva	5 - 6 P.M. with Reva	5 - 6 P.M. with Reva	5 - 6 P.M. with Reva		

**Please note:** All CrossFit classes have a fee in addition to the standard membership fee.

9/2019

**Childcare hours**

**Days:** Monday - Saturday from 8 a.m. - 1 p.m.

**Evenings:** Monday - Thursday from 3 p.m. - 7:30 p.m.

