**Summer Hours:**
Monday-Friday 6am-9pm
Saturday & Sunday: 9am-6pm

**The Ram Fit Center**
Rose Hill Campus

**Schedule effective:**
July 10 - August 18, 2017

- **Monday**
  - 1:00pm Pilates Mat w. Larisa
  - 5:30pm Yoga w. Sylvia

- **Tuesday**
  - 1:00pm Total Body Conditioning w. Sarah (45min.)

- **Wednesday**
  - 1:00pm Total Body Conditioning w. Sarah (45min.)

- **Thursday**
  - 1:00pm Total Body Conditioning w. Sarah (45min.)

**SPIN STUDIO**

- **Monday**
  - 1:00pm Spinning w. Carmen (45min.)

- **Tuesday**
  - 1:00pm Spinning w. Linda (45min.)

- **Wednesday**
  - 1:00pm Spinning w. Linda (45min.)

- **Thursday**
  - 1:00pm Spinning w. Linda (45min.)