



## Ask the Trainer Hours

Monday	Tuesday	Wednesday	Thursday
9-10am	10-11am	9-10am	10-11am
5:30-6:30pm		5:30-6:30pm	

**A Personal Trainer is available during the above times.**

If you have a question outside of these times,  
please ask for assistance at the front desk.

NOTE: Schedule subject to change without notice.

