

Gym at Water's Edge

2023

Hours of Operation

Monday – Thursday

5:30 AM to 12:00 PM

(closed from 12 PM – 3 PM)

3:00 PM to 9:30 PM

Friday

5:30 AM to 12:00 PM

(closed from 12 PM – 3 PM)

3:00 PM to 9:00 PM

Saturday, Sunday & Holidays

7:00 AM to 4:00 PM