

# Workout Studio

## Workout Studio

The Workout Studio is open to ages 16+ years and is \$5.00/visit.

There are 60 minute sessions available. The workout studio has a variety of equipment such as treadmills, bikes, recumbent climbers, weights, and more. Youth, ages 13-15, can attend with a parent/guardian or to attend alone, must take two orientations sessions for \$4.00/visit.

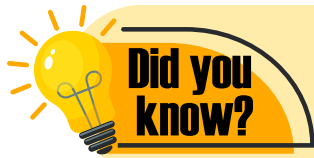


Try our Workout Studio Fall Session Pass for \$162.50 (tax included).

Workout unlimited times between Sept 16 - Dec 16.

If you visit the Workout Studio three or more times a week, this might be for you!

Pre-registration is available, even for those with a session pass.



The FDC Indoor Walking track is FREE and open for anyone to walk or run their way to a healthy lifestyle! The track is located above the FDC Arena.



**WOS Fall Pass**  
\$162.50  
(Sept-Dec)  
OR \$5.00/visit

## Workout Studio Fall Hours September 3 - December 20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00am	7:00-8:00am	8:00-9:00am	7:00-8:00am			
	8:00-9:00am		8:00-9:00am	8:00-9:00am		
11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm	11:00-12:00pm		
12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm	12:00-1:00pm		
1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	1:00-2:00pm	9:00-10:00am	9:00-10:00am
2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	2:00-3:00pm	10:00-11:00am	10:00-11:00am
3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	3:00-4:00pm	11:00-12:00pm	11:00-12:00pm
4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		
5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		
6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm	6:00-7:00pm		
7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm			
<b>WOS Closed September 30, October 14, October 31 (after 4:00pm), November 11</b>						