

TURF ROOM

A space created for those motivated by dynamic workouts.

Open Hours: Monday —Thursday 7AM —7PM | Friday 7AM —5PM |
Saturday 8AM —1PM | Sunday CLOSED

Summer Hours: Monday - Friday 7AM —6PM
Sat & Sun CLOSED

Rules & Requests

- Children under the age of 12 require adult supervision.
- Modest Attire Required.
- Lenient music allowed. Please be mindful of volume, sound travels.
- Use bumper plates if dropping.
- Take care of equipment after use.
- Garage door must stay closed & locked at all times unless staff or instructors are using the room.
- Close side exit door before leaving.

Smile for the camera; video surveillance is always in use!