

Hours of Operation

Facility Hours of Operation

Fitness Center

Monday - Friday.....5:30 a.m. - 9:00 p.m.
Saturday.....7:00 a.m. - 5:00 p.m.
Sunday.....11:00 a.m. - 4:00 p.m.

Family Hours

Friday.....1:00 p.m. - 8:00 p.m.
Saturday.....11:00 a.m. - 5:00 p.m.
Sunday.....1:00 p.m. - 4:00 p.m.

Business Office Hours of Operation

Monday - Thursday.....9:00 a.m. - 5:00 p.m.
Friday.....9:00 a.m. - 1:00 p.m.

Child Care Hours of Operation

Monday - Thursday.....8:00 a.m. - 7:30 p.m.
Friday.....8:00 a.m. - 6:00 p.m.
Saturday.....8:00 a.m. - 1:00 p.m.

Holidays

Health Strategies is closed on New Years Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving, and Christmas.