THE FITNESS CENTER HOURS OF OPERATION

General Club Hours
Mon – Fri 5:00 am – 10:00 pm
Sat 8:00 am – 6:00 pm
Sun 9:00 am – 5:00 pm
Club hours may vary on certain holidays or
during special club events.

Bella Vita Day Spa
Mon – Fri 9:00 am – 8:00 pm
Sat 9:00 am – 5:00 pm
Sun 10:00 am – 4:00 pm
Open to members and non-members

Accounting
Mon – Fri 8:30 am – 4:00 pm

The Explorer's Room (Infant through age 7)
Mon – Thurs 8:00 am – 9:00 pm
Friday 8:00 am – 7:00 pm
Sat – Sun 9:00 am – 5:00 pm

The Chill Zone (Ages 5 – 12)
Mon – Thurs 4:00 pm – 9:00 pm
Friday 4:00 pm – 7:00 pm
Sat – Sun 9:00 am – 5:00 pm
Mon – Fri 8:00 am – 9:00 pm (Summer Hours)

The Bistro at TFC
Mon – Thurs 9:00 am – 8:00 pm
Fri 9:00 am – 7:00 pm
Sat – Sun 9:00 am – 3:00 pm
Open to members and non-members

Dietitian - By Appointment
E-mail: dietitian@southshorefitness.com

The Pilates Studio – By Appointment
E-Mail: pilates@southshorefitness.com

Indoor Pool
Lap Pool and Whirlpool

Mon – Fri 5:00 am – 9:30 pm
Sat 8:00 am – 5:30 pm
Sun 9:00 am – 4:30 pm
Mon/Whirlpool 1:00 pm – 3:00 pm Closed for Cleaning
Thurs/Lap Pool & Whirlpool 1:00 pm – 3:00 pm Closed for Cleaning

Outdoor Pool
Lap Pool
Mon – Fri 5:00 am – 9:30 pm
Sat 8:00 am – 5:30 pm
Sun 9:00 am – 4:30 pm