

Member Handbook

club hours

CLUB HOURS

Club Hours

Department hours are subject to change throughout the year.
Please look for postings around the club or on our website.

Club Hours

Monday - Friday 5am-10pm
Saturday 7am-7pm
Sunday 7am-7pm
Visit website for holiday hours

Aquatics Center

Monday - Friday 5am-9:30pm
Saturday 7am-6:30pm
Sunday 7am-6:30pm

Closes 30 min. prior to club on all holidays

Kidz Klub

Ages 6 Weeks - 6 months

Monday - Friday 12pm-2pm

Ages 6 Months - 11 Years

Monday - Thursday 8am-8pm
Friday 8am-4pm
Saturday 8am-1pm
Sunday: 9:30am-1pm

BLU Spa & Salon

Monday 9am-8pm
Tuesday - Thursday 9am-9pm
Friday 9am-7pm
Saturday 9am-3pm
Sunday Closed
Call 717-569-6400 to schedule an appointment.

Cafe U

Monday - Thursday 7am-7:30pm
Friday 7am-7pm
Saturday 8am-2pm
Sunday 9am-2pm

Closes 30 minutes prior to club closing on all holidays.

Universal Athletic Club Training Lab

Personal, Small Group & Team Training

Sessions by appointment.
Call 717-569-5396
for additional information.

Parisi Speed School

Sessions are by appointment.
Call 717-569-5396
for class & training information.

The Renewal Center

Monday - Thurs. 8am-7:30pm
Friday 8am-6pm
Saturday 10am-2pm
Sunday 10am-2pm
Call 717-569-4754 to schedule an appointment.

Martial Arts

Classes offered by belt rank
Call 717-569-5396 for schedule

Pettay Spine & Sport

Chiropractic & Rehabilitation
Call 717-575-6948 or
visit www.pettayspineandsport.com
for more information and to schedule an
appointment.