




INDIAN SPRING
COUNTRY CLUB

FITNESS INFORMATION

The Indian Spring Fitness Center will take care of every detail of your fitness program. Our licensed professionals provide the finest treatments and services in a safe and relaxing atmosphere. Our fitness offerings have been specially designed to ensure that our members and their guests have a wide variety to choose from. Don't forget to relax in our steam room and Jacuzzi and be sure to drink plenty of water!

HOURS OF OPERATION

Monday 6AM-5PM | Tuesday-Sunday 6AM-8PM

 Personal Training

 Aerobics Classes

 Pilates Classes

 Physical Therapy

 Specialty Classes

 Steam Room/Jacuzzi