



Hours of Operation

Institute for Healthy Living Fitness Facility

Monday - Thursday	4:30 a.m. to 11:00 p.m.
Friday	4:30 a.m. to 10:00 p.m.
Saturday	7:00 a.m. to 10:00 p.m.
Sunday	10:00 a.m. to 8:00 p.m.

Healthy Living Cafe

Monday - Thursday	6:30 a.m. to 8:00 p.m.
Friday	6:30 a.m. to 7:00 p.m.
Saturday	9:00 a.m. to 5:00 p.m.

Healthy Living Spa

Monday – Friday	9:00 a.m. to 7:00 p.m.
Saturday	8:00 a.m. to 5:00 p.m.
Sunday	By appointment

Healthy Living Hideaway

Monday - Friday	8:00 a.m. to 8:00 p.m.
Saturday	8:00 a.m. to 2:00 p.m.

*For Childcare reservations, please call (903)323-6513.