



GROUP  
FITNESS  
CALENDAR

FOR DESCRIPTIONS VISIT  
[LSFITSPA.COM](http://LSFITSPA.COM)  
ALL CLASSES 50 MINUTES

SUNDAYS

9:00 AM  
**YOGA W/FELICIA**

MONDAYS

7:30 AM / FREE  
**BARRE W/MICHELLE**

8:30 AM  
**CYCLE W/MEG**

10:30 AM  
**YOCHI W/JACKIE**

5:00 PM  
**VINYASA YOGA  
W/JUDY**

TUESDAYS

9:00 AM  
**AQUA W/JACKIE**

9:30 AM  
**MUSCLE +  
MOVEMENT W/GINA**

11:00 AM  
**SENIOR STRONG  
W/MARK**

WEDNESDAYS

7:30 AM  
**CYCLE W/MEG**

8:30 AM  
**BARRE W/TANYA**

9:00 AM  
**AQUA W/DONNA**

THURSDAYS

8:00 AM  
**AQUA W/BEV**

8:30 AM  
**PILATES W/MEG\***

9:30 AM  
**MUSCLE +  
MOVEMENT W/GINA**

11:00 AM  
**SENIOR STRONG  
W/MARK**

FRIDAYS

7:30 AM  
**CYCLE W/GINA**

8:30 AM  
**BARRE, BANDS,  
AND BEATS W/GINA**

SATURDAYS

9:00 AM  
**YOGA W/JACKIE**



*valentine's day*  
GIFT CERTIFICATES

♥♥♥♥ only available through ♥♥♥♥  
February 14, 2022

**Share the love** with a couples  
fitness center membership or  
**treat yourself** to the Ultimate  
Beauty Cocktail at the spa!

.....  
**\*CLASS OF THE MONTH**  
FREE TO ALL RESIDENTS,  
(NO MEMBERSHIP NEEDED)