



SEPTEMBER

GROUP FITNESS CALENDAR

Mon - Thurs 5am - 7pm

Fri 5am - 6pm

Sat & Sun 7am - 4pm

FOR DESCRIPTIONS VISIT

LSFITSPA.COM

SUNDAYS

9:00 AM
YOGA W/FELICIA

MONDAYS

7:30 AM
CYCLE W/MEG

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

10:30 AM
YOCHI W/JACKIE

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

*TUESDAYS

8:30 AM
**MUSCLE +
MOVEMENT W/GINA**

9:00 AM
AQUA W/JACKIE

9:15 AM
MOBILITY W/GINA

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

WEDNESDAYS

5:15 AM
YOGA ASANA W/KIM

7:30 AM
CYCLE W/MEG

8:30 AM
BARRE W/MICHELLE

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



**SEPT. 22
1ST DAY OF FALL!**