


GROUP FITNESS SCHEDULE

LCU Rec Center

FALL 2021

Monday				Friday			
time	class	location	instructor	time	class	location	instructor
6:00-7:00 am	Spin	GRX	Tami	6:00-7:00 am	Spin	GRX	Tami
5:15-6:00 pm	Zumba	GRX	Kecia				
Tuesday				**Instructors may change or classes cancelled due to illness** 			
time	class	location	instructor				
5:30-6:30 pm	Yoga	GRX	Rylee				
Wednesday							
time	class	location	instructor				
6:00-7:00 am	Spin	GRX	Tami				

Descriptions

Spin - Designed for all fitness levels. This class is limited to 14 participants. Climbs, hills and flats, this class will give you a great cardio workout!

Yoga- all fitness levels. Develop mind, body, & spirit with our yoga class!

Zumba- a dance workout that combines Latin & international music, incorporating interval training, for a great cardio workout!