

GROUP FITNESS SCHEDULE

LCU Rec Center

Fall 2020

Monday

time	class	location	instructor
6:00-7:00 am	Spin	GRX	Tami
5:15-6:15 pm	Power Yoga	GRX	Tami

Thursday

time	class	location	instructor
5:15-6:15 pm	Beginner Spin	GRX	Tami

Tuesday

time	class	location	instructor
5:30-6:30 pm	Zumba	GRX	Shannon

Friday

time	class	location	instructor
12:15-1:15 pm	Spin	GRX	Tami

Wednesday

time	class	location	instructor
6:00-7:00 am	Spin	GRX	Tami

*Classes are limited to 10 participants, first come first serve.

*Instructors are not guaranteed and may change due to illness.



Spin: Designed for all fitness levels; climbs, hills, & flats, this class will give you a great cardio workout!

Power Yoga: develop mind, body, spirit, & strength with Power Yoga.

Zumba: A variety of styles in the routines which include both fast & slow rhythms to help tone & sculpt the body.