





# GROUP FITNESS SCHEDULE

LCU Rec Center

SPRING 2020

Monday				Friday			
time	class	location	instructor	time	class	location	instructor
6:00-7:00 am	Spin	GRX	Tami	12:15-1:15 pm	Spin	GRX	Tami
5:15-6:15 pm	Power Yoga	GRX	Tami				
Tuesday				<p>*Instructors are not guaranteed and may change due to illness.</p>    			
4:15-5:15 pm	Spin	GRX	Tami				
5:30-6:15 pm	Zumba	GRX	Shannon				
Wednesday							
6:00-7:00 am	Spin	GRX	Tami				
Thursday							
4:15-5:15 pm	Spin	GRX	Tami				
5:30-6:15 pm	Zumba	GRX	Shannon				

## Class Descriptions

**Spin** - Designed for all fitness levels. This class is limited to 10 participants. Climbs, hills and flats, this class will give you a great cardio workout!

**Power Yoga** -not your regular yoga; yoga moves mixed in with some cardio; a great full body workout!

**Zumba** - combines latin and international music with dance moves; routines incorporate interval training & resistance training for a fun workout!