Fitness Schedule May 2018

LPC FITNESS & AQUATICS

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
5:30 AM	Closed					
5:45 AM						
6:00 AM		" Spin-Off " 6:00 - 7:00 w/Mitsue	Build & Sculpt 6:00-6:45 w/Rebecca	" Spin-Off " 6:00 - 7:00 w/Jeremy	Build & Sculpt 6:00-6:45 w/Rebecca	" Spin-Off " 6:00 - 7:00 w/Mitsue
6:15 AM						
6:30 AM						
6:45 AM						
7:00 AM						
7:15 AM						"Spin-Off" Flex 7:30-8:30 w/Michelle
7:30 AM						
7:45 AM						
8:00 AM			Muscle Pump 8:00 - 8:55 w/Kristie		Muscle Pump 8:00 - 8:55 w/Kristie	
8:15 AM		" Spin-Off " Flex 8:15-9:15 w/Michelle		Barre Above™ 8:15 - 9:15 w/Kristie		Tabata Barre 8:15-9:15 w/Kristie
8:30 AM						
8:45 AM						
9:00 AM					Creative Pilates 9:00 - 10:00 w/Kashmyra	
9:15 AM		Fitness Fusion 9:00-10:00 w/Kashmyra				
9:30 AM			Zumba 9:40 - 10:40 w/Velvet	Stretch 'N Flex 9:30 - 10:30 w/Jason		Stretch 'N Flex 9:30 - 10:30 w/Jason
9:45 AM						
10:00 AM	New!					
10:15 AM		Therapeutic Movement 10:00 -11:00 w/Kashmyra				
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
3:15 PM						
3:30 PM						
3:45 PM						
4:00 PM						Closed
4:15 PM						
4:30 PM						
4:45 PM						
5:00 PM				New!		
5:15 PM		Muscle Pump 5:20 - 6:15 w/Kristie	Cardio Kickboxing Mixx 5:15 - 6:15 w/Kristie	Muscle Pump 5:15 - 6:15 w/Kristie	Tabata 5:15 - 6:15 w/Kristie	Gymnasium Hours of Operations
5:30 PM				SPIN OFF 101 5:30-6:15 W/Jeremy		Sun. 9am-6pm
5:45 PM						Mon-Thurs. 5am-10pm
6:00 PM	Closed					Fri. 5am-4pm
6:15 PM			"Spin-Off" 6:15-7:15 w/Mitsue	Zumba 6:20-7:20 w/Velvet		Sat. CLOSED
6:30 PM		Yoga 6:30 - 7:30 w/Star	Pilates 6:30-7:30 w/Denise	Yoga 6:30-7:30 w/Denise	" Spin-Off " 6:15 - 7:15 w/Jeremy	
6:45 PM						
7:00 PM						
7:15 PM						
7:30 PM						
7:45 PM						

Class Descriptions

Barre Above™ is a fun and dynamic workout fusing the best of Pilates, Yoga, aerobics and strength exercises. Results in overall flexibility, balance & body strength. Sculpt your body into amazing shape!

Build & Sculpt is a body strength and sculpting class that works the upper, lower body and core using free weights to increase physical strength and endurance. A total body shaping class!

Cardio Kickboxing Mixx is a fun and interesting way to keep fit and burn calories. An intense, high-energy workout for the entire body and is intent on movements that raise the heart rate for effective calorie burning.

Creative Pilates balances aspects of Pilates with the flexibility, fluidity and flow of classical stretches & creative movement.

Fitness Fusion restore your posture, coordination, balance and strength.

Muscle Pump is total body strength training helps develop complete muscular systems that can burn calories and fat, promote healthy posture and boost a healthy lifestyle. Work at your own level within a class setting.

Pilates is focused on building strength without bulk, improving flexibility and agility, and helping to prevent injury. It involves a series of controlled movements that engage both your body and mind.

"Spin-Off" builds strength and improves cardiovascular efficiency as your instructor coaches you through the ride of your life using specially designed stationary cycles. Suited for all fitness levels.
"Spin-Off Flex" adds 15 minutes of strength training & stretching after 45 minutes of cycling.
"Spin-Off 101" Ever want to try a cycling class? Come learn the basics & proper technics in this 45 minute class.

Stretch 'N Flex is a gentle form of yoga. Our muscles need proper stretching to help improve flexibility and balance. This is a great class for all fitness levels.

Tabata is a high intensity interval training for a total body work out. Uses different modalities of functional fitness. Continue to burn fat after you've left the gym! **Tabata Barre** Best of Barre~Tabata style!

Therapeutic Movement is a gentle class for restoration and healing.

Yoga is a fluid blend of alignment principles and techniques linking breath with motion to increase flexibility and elongate muscles. Correct posture and balance as well as ease tension and stress.

Zumba features exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. No need to be an expert in dance just a willingness to have fun while getting fit!