



LPC FITNESS & AQUATICS
A Ministry of FAI

FITNESS SCHEDULE

November 2021

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.		
5:30 AM	Closed							
5:45 AM								
6:00 AM						Build & Sculpt 6:00-7:00 w/ Rebecca	Spin-Off 6:00-7:00 w/Lori	
6:15 AM								
6:30 AM								
6:45 AM								
7:00 AM								
7:15 AM								
7:30 AM								
7:45 AM								
8:00 AM		Mystery Monday 8:15-9:10 w/Kristie	Muscle Pump 8:15-9:15 w/Kristie		Muscle Pump 8:15-9:15 w/Kristie	Tabata Barre 8:15-9:00 w/Kristie		
8:15 AM								
8:30 AM								
8:45 AM								
9:00 AM		Pilates 9:15-10:15 w/Denise		Balance N Motion 9:30-10:30 w/Aoife		Out-Fit 9:00-10:00 w/Tim		
9:15 AM								
9:30 AM						Balance-N Motion 9:30-10:30 w/Aoife		
9:45 AM								
10:00 AM								
10:15 AM								
10:30 AM								
10:45 AM								
11:00 AM		<p>HAPPY THANKSGIVING</p> <p>In observance of <i>Thanksgiving</i>, the LPC will be CLOSED Thursday, November 25 & Friday, November 26</p>						
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								
5:15 PM		Muscle Pump 5:30-6:15 w/Kristie	Cardio Kickboxing 5:30-6:15 w/Kristie	Total Strength Fitness 5:30-6:30 w/Tim	Muscle Pump 5:30-6:15 w/Kristie	Tabata 5:30-6:15 w/Kristie	Total Strength Fitness 5:30-6:30 w/Tim	Gymnasium Hours of Operations Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED
5:30 PM								
5:45 PM								
6:00 PM	Closed		Spin-Off 6:15-7:15 w/Jeremy		Spin-Off 6:15-7:15 w/Jeremy			
6:15 PM								
6:30 PM								
6:45 PM								
7:00 PM								
7:15 PM								
7:30 PM								
7:45 PM								

Class Descriptions

Balance N Motion 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.

Build N 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 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.

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.

Mystery Monday Fitness YOU are invited to kick start your week with a mystery workout. Stay motivated in a group environment and enjoy a different workout every Monday with exercises designed for beginners to advanced.

Out-Fit Mini Boot Camp is designed to push you in every direction while offering encouragement rather than intimidation. Cardio work can include: Step, Hi/Lo Aerobics, or Cardio Kickbox. Strength work can include: weights, mat, body weight exercise and more. Fitness for every level!

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 & improves cardiovascular efficiency as your instructor coaches you through the ride of your life! Did you know that cycling burns a ton of calories while also being easy on your joints? Suited 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!

Total Strength Fitness Strengthen your whole body using kettlebells, dumbbells, resistance bands and body weight. Tone up, burn fat, and gain stability in this weight training class.