



**LPC FITNESS & AQUATICS**  
A Ministry of FAI

# Fitness Schedule

## August 2022

	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		Balance-N Motion 9:30-10:30 w/Aoife		
9:15 AM								
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9:45 AM								
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3:45 PM								
4:00 PM								
4:15 PM								
4:30 PM								
4:45 PM								
5:00 PM								
5:15 PM		Muscle Pump 5:15-6:15 w/Kristie	Cardio Kickboxing 5:15-6:15 w/Kristie	Total Strength Fitness 5:30-6:30 w/Tim	Muscle Pump 5:15-6:15 w/Kristie	Tabata 5:15-6:15 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 your posture and improve 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. Builds lean, toned muscle. 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.

**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. Great for beginning, moderate and advanced exercise levels!