



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

# FITNESS SCHEDULE

## MARCH 2023

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	
5:30 AM	Closed						
5:45 AM							
6:00 AM					<b>Build &amp; Sculpt</b> 6:00-7:00 w/ Rebecca	<b>Spin-Off</b> 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		<b>Mystery Monday</b> 8:15-9:10 w/Kristie	<b>Muscle Pump</b> 8:15-9:15 w/Kristie	<b>TRX™</b> 8:00-9:00 w/Michelle Science of Stretching™ 9:00-10:00 w/Michelle	<b>Muscle Pump</b> 8:15-9:15 w/Kristie	<b>Tabata Barre</b> 8:15-9:00 w/Kristie	
8:15 AM							
8:30 AM		<b>Pilates</b> 9:15-10:15 w/Denise	<b>Balance N Motion</b> 9:30-10:30 w/Aoife			<b>Balance N Motion</b> 9:30-10:30 w/Aoife	
8:45 AM							
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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						<b>Gymnasium Hours of Operations</b> Sun. 9am-6pm Mon-Thurs. 5am-9pm Fri. 5am-4pm Sat. CLOSED	
5:15 PM		<b>Muscle Pump</b> 5:15-6:15 w/Kristie	<b>Cardio Kickboxing</b> 5:15-6:15 w/Kristie	<b>Total Strength Fitness</b> 5:30-6:30 w/Tim	<b>Muscle Pump</b> 5:15-6:15 w/Kristie		<b>Tabata</b> 5:15-6:15 w/Kristie
5:30 PM							
5:45 PM							
6:00 PM	Closed						
6:15 PM			<b>Spin-Off</b> 6:15-7:15 w/Jeremy		<b>Spin-Off</b> 6:15-7:15 w/Jeremy		
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.

**Science of Stretching™** is a targeted mobility training method that works to help your body get relief from locked-up hips, tight hamstrings and stiff lower backs. No experience is required, super stiff people are always welcome! The instructor takes a simple, science-based approach that is effective for everyone.

**"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!

**TRX™** Relieve back pain, reduce stress, improve grip & core strength with total body TRX. Ceiling-suspended training is popular because pulling & pushing exercises condition muscles essential to posture, flexibility & daily body function.