LPC FITNESS & AQUATICS
A Ministry of FAI

Fitness Schedule November

	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
6:00 AM 6:15 AM 6:30 AM 6:45 AM	Closed	**CSS Early Birds** 6:00-7:00 w/Michael		**Build & Sculpt** 6:00-7:00 w/Rebecca		**CSS Early Birds** 6:00-7:00 w/Michael
7:00 AM 7:15 AM 7:30 AM 7:45 AM						
8:00 AM 8:15 AM 8:30 AM 8:45 AM		**Mystery Monday** 8:15-9:10 w/Kristie	**Muscle Pump** 8:15-9:10 w/Kristie		**Muscle Pump** 8:15-9:10 w/Kristie	**Tabata Barre** 8:15-9:00 w/Kristie
9:00 AM 9:15 AM 9:30 AM 9:45 AM			**Balance N Motion** 9:30-10:30 w/Rebecca	**Strength Stretch & Mobility** 9:30-10:30 w/Amber		**Strength Stretch & Mobility** 9:30-10:30 w/Amber
10:00 AM 10:15 AM 10:30 AM 10:45 AM						
11:00 AM 11:15 AM 11:30 AM 11:45 AM						
2:30 PM 2:45 PM 3:00 PM						
3:15 PM 3:30 PM 3:45 PM 4:00 PM						
5:00 PM 5:15 PM 5:30 PM 5:45 PM		**Muscle Pump** 5:15-6:15 w/Kristie	**Cardio Kickboxing** 5:15-6:15 w/Kristie **Total Strength Fitness** 6:15-7:15 w/Lisa	**Muscle Pump** 5:00-6:00 w/Kristie	**Tabata** 5:15-6:15 w/Kristie **TRX Combo** 6:15-7:15 w/Lisa	Closed
6:00 PM 6:15 PM 6:30 PM 6:45 PM	Closed		**Spin-Off** 6:15 - 7:15 w/Jeremy		**Spin-Off** 6:15 - 7:15 w/Jeremy	**Fitness Hours of Operations** Sundays 9am-6pm Mon-Thurs 5am-9pm Fridays 5am-4pm Saturdays
7:00 PM 7:15 PM 7:30 PM 7:45 PM						
8:00 PM 8:15 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 & 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.

CSS Early Birds Choose growth or recovery options in this HIIT class that leads you through: **Cardio** (cycle,walk), **Strength** (bells,bands,bars,balls, TRX) **Stretching** (stability & stress-reduction). Worth getting up for!

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 kick starts your week with a mystery workout. Stay motivated with a group & enjoy a different workout every Monday. For all bodies!

Spin-Off builds strength and improves your cardiovascular efficiency as your instructor coaches you through a purposeful ride. Did you know that cycling burns a ton of calories while also being easy on your joints? Suited for all fitness levels.

Strength Stretch and Mobility 60 Minutes of mindful movement that facilitates self-confidence, muscle endurance and longevilty. Everyone welcome!

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, dumbells, resistance bands and body weight. Tone up, burn fat and gain stability in this weight training class. Great for all exercise levels.

TRX Combo Suspension training bodyweight exercise develops strength, balance, flexibility & core stability combined w/equipment for whole body fitness.