

**SUNDAY****MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

1	2 Closed!	3 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15p.m.- 4 p.m. Boxing & Strength 5:30 p.m.- 6:30 p.m.	4 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	5 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Powerbarz 5:30 p.m.- 6:30 p.m.	6 Super Sweat 10 a.m.- 11 a.m.	7 Zumba 9 a.m.- 10- a.m.
8	9 Fit For Life 9-10 a.m. (JB) Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	10 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Tabata & More 5:30 p.m.- 6:30 p.m.	11 Fit For Life 9-10 a.m. (JB) Zumba 5:15 p.m.- 6:15 p.m.	12 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15-4 p.m.3:15p.m.- 4 p.m. War 5:30 p.m.- 6:30 p.m.	13	14 Zumba 9 a.m.- 10- a.m.
15	16 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	17 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Boxing & Strength 5:30 p.m.- 6:30 p.m.	18 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Zumba 5:15 p.m.- 6:15 p.m.	19 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. Powerbarz 5:30 p.m.- 6:30 p.m.	20 Super Sweat 10 a.m.- 11 a.m.	21 Zumba 9 a.m.- 10- a.m.
22	23 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.	24 Fit For Life 9-10 a.m. (R) Vital Choice 1 p.m.- 2 p.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Tabata & More 5:30 p.m.- 6:30 p.m.	25 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m.	26 Fit For Life 9-10 a.m. (R) Yoga (Fitness members only) 3:15 p.m.- 4 p.m. War 5:30 p.m.- 6:30 p.m.	27 Super Sweat 10 a.m.- 11 a.m.	28
29	30 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Yoga (Fitness members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m.		<b>September</b> <b>Fitness Group Exercise</b> <b>Class Schedule</b>			

570-501-4000 LVHN.org