

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1 Total Body Conditioning 9 a.m.- 10- a.m.
2 Piloxing 8 a.m.- 9 a.m.	3 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	4 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	5 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	6 Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	7 Super Sweat 10 a.m.- 11 a.m.	8 Total Body Conditioning 9 a.m.- 10- a.m.
9 Piloxing 8 a.m.- 9 a.m.	10 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Total Body Conditioning 5:15- 6:15 p.m.	11 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	12 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	13 Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	14 Super Sweat 10 a.m.- 11 a.m.	15 Total Body Conditioning 9 a.m.- 10- a.m.
16 Piloxing 8 a.m.- 9 a.m.	17 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Total Body Conditioning 5:15- 6:15 p.m.	18 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	19 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m.	20 Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	21 Super Sweat 10 a.m.- 11 a.m.	22 Total Body Conditioning 9 a.m.- 10- a.m.
23 Piloxing 8 a.m.- 9 a.m.	24 Total Body Conditioning 5:15- 6:15 p.m.	25 Balance With Me 10:15-11a.m. PowerBarz 5:30 p.m.- 6:30 p.m.	26 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m.	27 Closed!	28	29 Total Body Conditioning 9 a.m.- 10- a.m.
30 Piloxing 8 a.m.- 9 a.m.						

570-501-4000 LVHN.org

November
Fitness Group Exercise
Class Schedule

