

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	2 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	3 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.	4 Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	5 Super Sweat 10 a.m.- 11 a.m.	6
7 Piloxing 8 a.m.- 9 a.m.	8 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	9 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	10 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.	11 Balance With Me 10:15-11a.m. PowerBarz 5:30 p.m.- 6:30 p.m.	12 Super Sweat 10 a.m.- 11 a.m.	13 Total Body Conditioning 9 a.m.- 10- a.m.
14 Piloxing 8 a.m.- 9 a.m.	15 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.	16 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. PowerBarz 5:30 p.m.- 6:30 p.m.	17 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.	18 Balance With Me 10:15-11a.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	19 Super Sweat 10 a.m.- 11 a.m.	20 Total Body Conditioning 9 a.m.- 10- a.m.
21 Piloxing 8 a.m.- 9 a.m.	22 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.	23 Balance With Me 10:15-11a.m. PowerBarz 5:30 p.m.- 6:30 p.m.	24	25 Closed!	26 Super Sweat 10 a.m.- 11 a.m.	27 Total Body Conditioning 9 a.m.- 10- a.m.
28 Piloxing 8 a.m.- 9 a.m.	29 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	30 Balance With Me 10:15-11a.m. PowerBarz 5:30 p.m.- 6:30 p.m.	31			

570-501-4000 LVHN.org

December
Fitness Group Exercise
Class Schedule

