

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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|----------------------------------|--|--|--|---|---|---|
| | | | | 1 Closed! | 2 Super Sweat 10 a.m.- 11 a.m. | 3 Total Body Conditioning 9 a.m.- 10- a.m. |
| 4 Piloxing 8 a.m.- 9 a.m. | 5 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Practice Yoga (members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:15- 6:15 p.m. | 6 Balance With Me 10:15-11a.m. Vital Choice 1 p.m.- 2 p.m. Practice Yoga (members only) 3:15p.m.- 4 p.m. PowerBarz 5:30 p.m.- 6:30 p.m. | 7 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.-11 a.m. Practice Yoga (members only) 11:15 a.m.- 12 p.m. Dance It Off w/ Meg 5:15 p.m.- 6:15 p.m. | 8 Balance With Me 10:15-11a.m. Practice Yoga (members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m. | 9 Practice Yoga (members only) 4:15p.m.- 5 p.m. | 10 Total Body Conditioning 9 a.m.- 10- a.m. |
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570-501-4000 LVHN.org

January
Fitness Group Exercise
Class Schedule

