

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

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

570-501-4000 LVHN.org

July**Fitness Group Exercise
Class Schedule**