

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

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

570-501-4000 LVHN.org

August
Fitness Group Exercise
Class Schedule
