

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Practice Yoga (members only) 3:15p.m.- 4 p.m. Total Body Conditioning 5:30 p.m.- 6:30 p.m.	2 Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	3 Total Body Conditioning 9 a.m.- 10- a.m.
4 Piloxing 9 a.m.- 10 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. 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 Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	10 Total Body Conditioning 9 a.m.- 10- a.m.
11	12 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.	13 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.	14 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.	15 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.	16 Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	17 Total Body Conditioning 9 a.m.- 10- a.m.
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25	26 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.	27 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.	28 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.	29 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.	30 Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	31 Total Body Conditioning 9 a.m.- 10- a.m.

570-501-4000 LVHN.org

October

**Fitness Group Exercise
Class Schedule**

