

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Piloxing 9 a.m.- 10 a.m.	2 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.	3 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.	4 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.	5 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.	6 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	7 Total Body Conditioning 9 a.m.- 10- a.m.
8	9 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.	10 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.	11 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.	12 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.	13 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	14 Total Body Conditioning 9 a.m.- 10- a.m.
15 Piloxing 9 a.m.- 10 a.m.	16 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Total Body Conditioning 5:15- 6:15 p.m.	17 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.	18 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. Cardio & Strength 5:15 p.m.- 6:15 p.m.	19 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.	20 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11 a.m. Practice Yoga (members only) 4:15p.m.- 5 p.m	21 Total Body Conditioning 9 a.m.- 10- a.m.
22	23 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.	24 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.	25 Fit For Life 9-10 a.m. (J) Super Sweat 10 a.m.- 11a.m. Cardio & Strength 5:15 p.m.- 6:15 p.m.	26 CLOSED!	27	28 Total Body Conditioning 9 a.m.- 10- a.m.
29 Piloxing 9 a.m.- 10 a.m.	30 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

November

Fitness Group Exercise
Class Schedule

