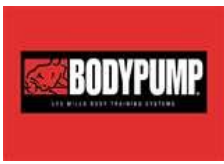




Sun	Mon	Tue	Wed	Thu	Fri	Sat
					¹ 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/JJ	² 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
³ 3:00-Pilates/Gina	⁴ 5:30a- BodyPump/Ivy 9:00a-Zumba/Kristen 10:00a-Body Flow/Debbie 4:30p-Cycle/Kristi 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	⁵ 9:30a- BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Maria 5:30p-BodyPump/Colby/Lauren 6:30p-Zumba/Nicci 7:30p-Body Flow/Audra	⁶ 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 9:30a-Cycle/Ivy 4:30p-Body Jam/Bootsy 5:30p-Body Flow/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-BodyJam/Bootsy	⁷ 9:30a-BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Kim 5:30p-BodyPump/Maria 6:30p-Zumba/Gwen 6:00p-Cycle/Kristi	⁸ 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/JJ	⁹ 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
¹⁰ 3:00-Pilates/Gina	¹¹ 5:30a- BodyPump/Ivy 9:00a-Zumba/Kristen 10:00a-Body Flow/Debbie 4:30p-Cycle/Kristi 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	¹² 9:30a- BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Maria 5:30p-BodyPump/Colby/Lauren 6:30p-Zumba/Nicci 7:30p-Body Flow/Audra	¹³ 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 9:30a-Cycle/Ivy 4:30p-Body Jam/Bootsy 5:30p-Body Flow/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-BodyJam/Bootsy	¹⁴ 9:30a-BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Kim 5:30p-BodyPump/Maria 6:30p-Zumba/Gwen 6:00p-Cycle/Kristi	¹⁵ 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/JJ	¹⁶ 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
¹⁷ 3:00-Pilates/Gina	¹⁸ 5:30a- BodyPump/Ivy 9:00a-Zumba/Kristen 10:00a-Body Flow/Debbie 4:30p-Cycle/Kristi 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	¹⁹ 9:30a- BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Maria 5:30p-BodyPump/Colby/Lauren 6:30p-Zumba/Nicci 7:30p-Body Flow/Audra	²⁰ 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 9:30a-Cycle/Ivy 4:30p-Body Jam/Bootsy 5:30p-Body Flow/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-BodyJam/Bootsy	²¹ 9:30a-BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Kim 5:30p-BodyPump/Maria 6:30p-Zumba/Gwen 6:00p-Cycle/Kristi	²² 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/JJ	²³ 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria
²⁴ 3:00-Pilates/Gina ³¹ 3:00-Pilates/Gina	²⁵ 5:30a- BodyPump/Ivy 9:00a-Zumba/Kristen 10:00a-Body Flow/Debbie 4:30p-Cycle/Kristi 4:30p-Body Step/Ivy 5:30p-ExtremeCycle/Helen 5:30p-BodyPump/Beth 6:30p-Sparticus/Gina	²⁶ 9:30a- BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Maria 5:30p-BodyPump/Colby/Lauren 6:30p-Zumba/Nicci 7:30p-Body Flow/Audra	²⁷ 5:30a-BodyPump/Lauren 9:00a-Zumba/Kristen 9:30a-Cycle/Ivy 4:30p-Body Jam/Bootsy 5:30p-Body Flow/Audra 5:30p-Cycle/Helen 6:30p-Sparticus/Gina 7:30p-BodyJam/Bootsy	²⁸ 9:30a-BodyPump/Ivy 9:30a-Cycle+Abs/Helen 10:30a-Step Express/Ivy 4:30p-BodyPump/Kim 5:30p-BodyPump/Maria 6:30p-Zumba/Gwen 6:00p-Cycle/Kristi	²⁹ 5:30a-BodyPump/Ivy 9:30a-Zumba/Body Jam/Bootsy 5:30p-Zumba/JJ	³⁰ 9:30a-ExtremeCycle/Helen 9:30a-BodyPump/Ivy 10:30a-Zumba /Maria

CLASS DESCRIPTIONS

BODY JAM: ONE HOUR CARDIO WORKOUT WHERE YOU ARE FREE TO ENJOY DANCE. AN ADDICTIVE FUSION OF THE LATEST DANCE MOVES AND HOTTEST NEW SOUNDS

BODY PUMP: IS THE ORIGINAL BARBELL CLASS THAT STRENGTHENS YOUR ENTIRE BODY. IT'S A 60 MINUTE WORKOUT THAT CHALLENGES ALL OF YOUR MAJOR MUSCLE GROUPS.

BODY STEP: AN ENERGIZING STEP WORKOUT THAT MAKES YOU FEEL LIBERATED AND ALIVE BY USING A HEIGHT ADJUSTMENT STEP. GREAT CARDIO WORKOUT THAT SHAPES AND TONES YOUR ENTIRE BODY.

BODY FLOW: IS THE YOGA, TAI CHI, AND PILATES WORKOUT THAT BUILDS FLEXIBILITY AND STRENGTH AND LEAVES YOU FEELING CENTERED AND CALM.

CYCLE: INDOOR CYCLE WORKOUT WHERE YOU RIDE TO THE RHYTHM OF POWERFUL MUSIC.

PILATES: A 60 MINUTE BODY CONDITIONING WORKOUT THAT HELPS BUILD FLEXIBILITY, MUSCLE STRENGTH, AND ENDURANCE.

SPARTICUS: THIS CLASS INCORPORATES 10 EXERCISES FOR 60 SECONDS EACH, WHICH WORKS EVERY PART OF YOUR BODY. THE 10 EXERCISES ARE THEN REPEATED 2 MORE TIMES TO CHALLENGE YOUR HEART & LUNGS AS WELL AS YOUR MUSCLES.

YOGA: IS A FORM OF EXERCISE THAT USES SLOW MOVEMENTS AND STRETCHING. GREAT FOR RELIEVING STRESS AND RELAXING.

ZUMBA: A LATIN DANCE CLASS THAT COMBINES INTERVALS OF RESISTANCE TRAINING FOR A FULL BODY WORKOUT.



GROUP FITNESS SCHEDULE

March



HOURS OF OPERATION
MONDAY-FRIDAY 8AM-8PM
SATURDAY 8AM-6PM

NOW 24 HOUR ACCESS

KIDS FUN CENTER HOURS
MONDAY-FRIDAY
8:00AM-12PM &
M,TH 4-8PM TU,WED 4-8:30PM
FRI 4-7PM SAT 8AM-12PM

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