

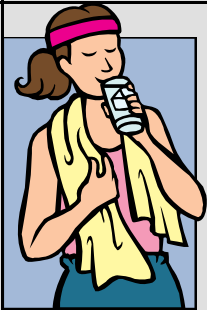

LaCrest Indoor Cycling—All Levels

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM			6:00-6:55		6:00-6:55	7:30-8:25	10:00-10:55
	9:30-10:25	9:30-10:25	9:30-10:25		9:30-10:25		
PM	7:00-7:55	6:00-6:55	7:00-7:55	6:00-6:55	5:45-6:40		

LaCrest Group Exercise & Wellness Programs

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am Hour		Body Pump 5:45-6:45 3 rd FI All Levels		Body Pump 5:45-6:45 3 rd FI All Levels			
6am Hour	Zumba 6:00-6:55 3 rd FI All Levels						
7am Hour			Power Hour 7:30-8:30 2nd FI				
8am Hour	20/20/20 8:30-9:25 3 rd FI All Levels	Yogalates 8:30-9:25 2 nd FI All Levels AOA Healthy Body Toning 8:30-9:25 3 rd FI All Levels	20/20/20 8:30-9:25 3 rd FI All Levels Butts N Guts 8:45-9:30 2 nd FI All Levels	Yogalates 8:30-9:25 2 nd FI All Levels AOA Healthy Body Toning 8:30-9:25 3 rd FI All Levels	20/20/20 8:30-9:25 3 rd FI All Levels	Butts N Guts 8:30-9:15 2 nd FI All Levels Cardio Intervals 8:30-9:25 3 rd FI Int/Adv	
9am Hour	Zumba 9:30-10:25 2 nd FI All Levels Body Pump 9:30-10:30 3 rd FI All Levels	Body Shaping 9:30-10:25 2 nd FI All Levels Cardio Interval 9:30-10:25 3 rd FI Int/Adv	Cardio Blast 9:30-10:25 2 nd FI Int/Adv Piloxing 9:30-10:30 3 rd FI All Levels	Zumba 9:30-10:25 2 nd FI All Levels Cardio Interval 9:30-10:25 3 rd FI Int/Adv	Cardio Blast 9:30-10:25 2 nd FI Int/Adv Body Pump 9:30-10:25 3 rd FI All Levels	Pilates 9:30-10:25 2 nd FI All Levels Zumba 9:30-10:25 3 rd FI All Levels	
10am Hour	Fitness Yoga Level 1 10:30-11:25 2 nd FI All Levels	Fitness Yoga Level 1 10:30-11:25 2 nd FI All Levels	Yoga Gentle 10:30-11:25 2 nd FI All Levels		Fitness Yoga Level 1 10:30- 11:25 2 nd FI All Levels	Fitness Yoga Level 1 10:30-11:25 2 nd FI All Levels Fast 'n' Furious 10:30-11:25 3 rd FI Int/Adv	Fitness Yoga Level 1 10:00-10:55 2 nd FI All Levels Body Combat 10:00-11:00 3 rd FI Int/Adv
11am Hour		Silver Sneakers 11:30-12:15 2 nd FI All Levels		Silver Sneakers 10:45 - 11:30 2 nd FI All Levels		Stretch & Renew 11:30 -12:15 2 nd FI All Levels	Body Pump 11:15-12:15 3 rd FI All Levels
Noon Hour						Zumba 101 Sat Jan 14th 11:30—12:25 3 rd FI All Levels	Body Pump Technique Sun Jan 15th 12:30—1:15 3 rd FI All Levels

LaCrest Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2pm Hour							The Power Hour 2:00-3:00 2nd FI Weight Rm
4pm Hour		Cross Training 4:30-5:25 2nd FI All Levels Step 4:30-5:25 3rd FI Int/Adv	Yoga Gentle 4:00-4:55 2nd FI All Levels	Cross Training 4:30-5:25 2nd FI All Levels	Body Pump 4:55-5:55 3rd FI All Levels		
5pm Hour	Zumba 5:00-5:55 3rd FI All Levels Butts n Guts 5:00-5:45 2nd FI All Levels	Body Shaping 5:30-6:25 3rd FI All Levels Boxing 5:45-6:40 2nd FI All Levels	Zumba 5:00-5:55 3rd FI All Levels Fitness Yoga 5:30-6:25 2nd FI All Levels Women's Weight Training 5:30-6:30 Weight Room All Levels	20/20/20 5:30-6:25 2nd FI All Levels Body Shaping 5:30-6:25 3rd FI All Levels	Boxing 5:30-6:25 2nd FI All Levels		
6pm Hour	Fitness Yoga Level 2 6:00-6:55 2nd FI Int/Adv Body Pump 6:00-7:00 3rd FI All Levels	Cardio Intervals 6:30-7:25 3rd FI All Levels	Body Pump 6:00-7:00 3rd FI All Levels Body Combat 6:30-7:30 2nd FI Int/Adv	Fitness Yoga Level 2 6:30-7:25 2nd FI Int/Adv Cardio Intervals 6:30-7:25 3rd FI All Levels	Zumba 6:00-6:55 3rd FI All Levels Power Yoga 6:30-7:25 2nd FI Int/Adv		
7pm Hour	Pilates 7:00-7:55 2nd FI All Levels Body Combat 7:15-8:15 3rd FI Int/Adv	Fitness Yoga Level 1 7:00-7:55 2nd FI All Levels Fast 'n' Furious 7:30-8:25 3rd FI Int/Adv	Zumba 7:15-8:10 3rd FI All Levels 	Fast 'n' Furious 7:30-8:25 3rd FI Int/Adv			