

LaCrest Spinning

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

LaCrest Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am Hour		Body Pump 5:45-6:45 3 rd Fl		Body Pump 5:45-6:45 3 rd Fl			
6am Hour	Zumba 6:00-6:55 3 rd Fl						
8am Hour	20/20/20 8:30-9:25 3 rd Fl	Yogalates 8:30-9:25 2 nd Fl AOA Shape Up 8:30-9:25 3 rd Fl	20/20/20 8:15-9:10 3 rd Fl Butts'n'Guts 8:45-9:30 2 nd Fl	Yogalates 8:30-9:25 2 nd Fl AOA Shape Up 8:30-9:25 3 rd Fl	20/20/20 8:15-9:10 3 rd Fl	Butts'n'Guts 8:30-9:25 2 nd Fl Cardio Interval 8:30-9:25 3 rd Fl	
9am Hour	Cardio Blast 9:15-10:10 2 nd Fl Body Combat 9:30-10:30 3 rd Fl	Body Shaping 9:30-10:25 2 nd Fl Cardio Interval 9:30-10:25 3 rd Fl	Cardio Blast 9:30-10:25 2 nd Fl Body Pump 9:30-10:30 3 rd Fl	Zumba 9:30-10:25 2 nd Fl Cardio Interval 9:30-10:25 3 rd Fl	Cardio Blast 9:15-10:10 2 nd Fl Body Pump 9:15-10:15 3 rd Fl	Pilates 9:30- 10:25 2 nd Fl Zumba 9:30-10:25 3 rd Fl	
10am Hour	Fitness Yoga Level 1 10:30-11:25 2 nd Fl		Pilates 10:30-11:25 2 nd Fl	Woman's Weight Training 10:30-11:30 2 nd Fl Free Wt Rm Tia Chi Health 10:30-11:25 2 nd Fl	Fitness Yoga Level 1 10:30-11:25 2 nd Fl	Fitness Yoga Level 1 10:30-11:25 2 nd Fl Fast 'n' Furious 10:30-11:25 3 rd Fl	Fitness Yoga Level 1 10:00-10:55 2 nd Fl Body Combat 10:00-11:00 3 rd Fl
11am Hour		Silver Sneakers June/July Only 11:15-12:00 August Only 11:15 - 12:00 2 nd Fl		Silver Sneakers June/July Only 10:45 - 11:30 2 nd Fl August Only 11:15 -12:00		Zumba 101 For beginners July 31 Only 11:30 -12:30 2 nd Fl	Body Pump 11:15-12:15 3 rd Fl
Noon Hour							Body Pump Technique June 27 ONLY 12:30-1:00 3 rd Fl

LaCrest Group Exercise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2pm Hour							The Power Hour 2:00-3:00 2nd Fl Weight Rm
4pm Hour		Cross Training 4:00-5:00 2 nd Fl Step 4:30-5:25 3 rd Fl	Gentle Yoga 4:00-4:55 2 nd Fl	Cross Training 4:30-5:25 2 nd Fl	Body Pump 5:00-6:00 3 rd Fl		
5pm Hour	Butts -n- Guts 5:00-5:45 2 nd Fl Zumba 5:00-5:55 3 rd Fl	Body Shaping 5:30-6:25 3 rd Fl	Zumba 5:00-5:55 3 rd Fl	Body Shaping 5:30-6:25 2 nd Fl Cardio Interval 5:15-6:10 3 rd Fl	Zumba 6:00-6:55 3 rd Fl		
6pm Hour	Fitness Yoga Level 2 6:00-6:55 2 nd Fl Body Pump 6:00-7:00 3 rd Fl	KettleBell 6:00-6:55 2 nd Fl Body Combat 6:30-7:30 3 rd Fl	Pilates 6:00-6:55 2 nd Fl Body Pump 6:00-7:00 3 rd Fl	Body Combat 6:30-7:30 3 rd Fl	Power Yoga 6:30-7:25 2 nd Fl		
7pm Hour	Pilates 7:00-7:55 2 nd Fl Cardio Interval 7:15-8:10 3 rd Fl	Fitness Yoga Level 1 7:00-8:00 2 nd Fl Fast 'n' Furious 7:30-8:25 3 rd Fl	Cardio Interval 7:15-8:10 3 rd Fl	Fitness Yoga Level 2 6:30-7:25 2 nd Fl Fast 'n' Furious 7:30-8:25 3 rd Fl			

