

# LACREST HEALTH CENTER

First Floor							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Spinning 6:00-7:00 AM		Spinning 6:00-7:00AM		Spinning 6:00-7:00AM	Spinning 8:00-9:00 AM	
Morning	Spinning 9:30-10:30 AM	Spinning 9:30-10:30	Spinning 9:30-10:30 AM		Spinning 9:30-10:30 AM		Spinning 10:00-11:00 AM
Evening	Spinning 5:30-6:30PM 7:00-8:00 PM	Spinning 6:00-7:00 PM	Spinning 7:00-8:00 PM	Spinning 6:00-7:00 PM	Spinning 5:45-6:45 PM		
Second Floor							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning	Step Interval 6:00-7:00 AM				Pilates 5:45-6:30 AM		
Morning	Aqua Cardio Interval 9:30-10:30  Cardio Blast 9:20-10:20 AM  Fitness Yoga Level 1 10:30-11:30 AM  Silver Sneakers 11:45-12:30 PM	Yogalates 8:30-9:25 AM  Body Shaping 9:30-10:25 AM  Fitness Yoga Level 1 10:30-11:30 AM  Weight Training 1:00-2:00	Aqua Cardio Interval 9:30-10:30  Cardio Blast 9:20-10:20 AM  Pilates 10:30-11:30 AM	Yogalates 8:30-9:25 AM  Zumba 9:30-10:30 AM  Silver Sneakers 10:45-11:30AM  Weight Training 1:00-2:00	Aqua Cardio Interval 9:30-10:30  Cardio Blast 9:20-10:20 AM  Fitness Yoga Level 1 10:30-11:30 AM	Pilates 9:30-10:15 AM  Fitness Yoga Level 1 10:30-11:30 AM  Stretch and Renew 11:30-12:30 PM	Fitness Yoga Level 2 10:00-11:00 AM
Evening	Butts and Guts 5:00-5:45 PM  Zumba 6:00-7:00 PM  Pilates 7:00-8:00 PM	Awesome Abs 5:00-5:25 PM  Body Shaping 5:30-6:30 PM  Fitness Yoga Level 1 7:30-8:30 PM	Gentle Yoga 5:00-6:00 PM  Pilates 6:00-7:00 PM	Cross Training 4:30-5:30  Body Shaping 5:30-6:30 PM  Fitness Yoga Level 2 6:30-7:30 PM	Power Yoga 6:30-7:30 PM		
Third Floor							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		Body Pump* 5:45-6:45 AM		Body Pump* 5:45-6:45 AM			
Morning	Body Shaping 8:30-9:15 AM  Step 9:15-10:15  Zumba 10:30-11:30AM	Fast 'n Furious 9:30-10:30 AM	Butts and Guts 9:00-10:00AM  Step 10:00-11:00	Fast 'n Furious 9:30-10:30 AM	Step 9:10-10:10 AM  Body Pump* 10:15-11:15 AM	Cardio Interval 8:30-9:30 AM  Body Pump* 9:30-10:30 AM  Fast 'n Furious 10:30-11:30 AM	Body Pump* 11:15-12:15 PM  Intro to BodyPump March 1 st only 12:30-1:00 pm
Evening	Step 5:00-6:00PM  Body Pump* 6:00-7:00 PM  Bo-Tae 7:15-8:15 PM	Step 4:30-5:30 PM  Cardio Interval 6:30-7:30 PM	Zumba 5:00-6:00 PM  Body Pump* 6:00-7:00 PM  Kickboxing 7:15-8:15 PM	Cardio Interval 6:25-7:25 PM  Fast 'n Furious 7:35-8:35 PM	Body Pump* 4:30-5:30 PM  Zumba 5:30-6:30 PM		

2/28/2009