

# Lloyd Athletic Group Fitness Class Schedule

Studio 1					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-8:00am <b>Essentrics</b> Emily (starts 8/26)		7:00am-8:00am <b>Essentrics</b> Emily (starts 8/26)			
8:00am-8:50am <b>Wake &amp; Renew Yoga</b> Melodee		8:00am-8:50am <b>Wake &amp; Renew Yoga</b> Melodee		8:00am-8:50am <b>Wake &amp; Renew Yoga</b> Violeta	
9:00am – 9:50am <b>Boomers &amp; Better</b> Justin	9:00am-9:50am <b>PiloBarre</b> Sarah	9:00am – 9:50am <b>Boomers &amp; Better</b> Justin	9:00am-9:50am <b>PiloBarre</b> Sarah	9:00am – 9:50am <b>Boomers &amp; Better</b> Justin	
10:00am – 10:50am <b>Senior Cardio &amp; Strength</b> Lori	10:00am – 10:50am <b>U-Vigorate</b> Andree	10:00am – 10:50am <b>Senior Cardio &amp; Strength</b> Lori	10:00am – 10:50am <b>U-Vigorate</b> Andree	10:00am – 10:50am <b>Senior Cardio &amp; Strength</b> Lori	10:00am – 11:00am <b>Pilates</b> Sarah
11:15am – 12:00pm <b>Pilates Mat</b> Lucy	11:15am – 12:00pm <b>The Lift</b> Regina	11:15am – 12:00pm <b>Pilates Mat</b> Darcy	11:15am – 12:00pm <b>The Lift</b> Regina	11:15am – 12:00pm <b>Pilates Mat</b> Lucy	11:15am – 12:15pm <b>Hatha Yoga</b> Barbara
12:15pm – 1:00pm <b>Cardioboxing</b> Regina	12:15pm – 12:45pm <b>Tabata</b> Regina	12:15pm – 1:00pm <b>Hip Hop</b> Regina	12:15pm – 12:45pm <b>Tabata</b> Regina	12:15pm – 1:00pm <b>Cardioboxing</b> Regina	
1:05pm – 2:00pm <b>Line Dancing</b> Joyce	1:00pm – 1:50pm <b>Boomers &amp; Better</b> Justin	1:05pm – 2:00pm <b>Line Dancing</b> Joyce	1:00pm – 1:50pm <b>Boomers &amp; Better</b> Justin	1:05pm – 2:00pm <b>Line Dancing</b> Joyce	<b>Sunday</b>
2:15pm – 3:00pm <b>Senior Yoga</b>	2:00pm – 2:45pm <b>Zumba® Gold</b> Jennifer	2:15pm – 3:00pm <b>Senior Yoga</b> Justin	2:00pm – 2:45pm <b>Zumba® Gold</b> Danny	2:15pm – 3:00pm <b>Senior Yoga</b> Justin	10:00am – 11:00am <b>Boot Camp (Fee Class)</b> Sue
	4:30pm – 5:20pm <b>Zumba®</b> Bruce		4:30pm – 5:20pm <b>Zumba®</b> Bruce		
5:30pm - 6:30pm <b>Cardioboxing</b> Regina	5:30pm – 6:30pm <b>The Lift</b> Andree		5:30pm – 6:30pm <b>The Lift</b> Regina		

Studio 2					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am – 10:30am <b>Cycling</b> Dawn	6:00am – 7:00am <b>*Hatha/Iyengar Yoga</b> Jennifer *Fee class, 1st one free	9:30am – 10:30am <b>Cycling</b> Dawn		9:30am – 10:30am <b>Cycling</b> Dawn	
11:30am-12:30 <b>MELT Method (fee)</b> Sharie Moss (starts 8/26/19)	10:00am – 11:00am <b>Therapeutic Yoga &amp; Pilates</b>		10:00am – 11:00am <b>Therapeutic Yoga &amp; Pilates</b> Jordan	10:30am-11:30 <b>MELT Method (fee)</b> Sharie Moss (starts 8/26/19)	
12:30pm – 1:00pm <b>Line Dance Practice</b> Staff	11:15am – 12:00pm <b>Tai Chi: Moving for Better Balance</b> Steve	12:30pm – 1:00pm <b>Line Dance Practice</b> Staff	11:15am – 12:00pm <b>Tai Chi: Moving for Better Balance</b> Steve	12:30pm – 1:00pm <b>Line Dance Practice</b> Staff	
	4:30pm – 5:30pm <b>Cycling</b> Regina		4:30pm – 5:30pm <b>Cycling</b> Regina		