

LAC: GROUP EXERCISE

Holiday Schedule 2018

Dec 24th

9 am cycle strength Karen

9:30 aqua fit Libby

Dec 26th

9 :00 cycle Missy

9:30 aquafit Libby

5:30 cycle express Robin

6:00 boot camp Jen

Dec 27th

9:00 am boot camp Crinda

9:00 am Zumba Tiffney

10:00 Fit Rx Marcy

6:00 pm boot camp Jackie

7:15 pm m3thod Jill

Dec 28th

5:30 am Chaos Meredith

8:30 am Insanity Crinda

9:00 am Zumba Libby

9:15 cycle express Crinda

9:30 aquafit Libby

10:15 hardbodies Marcy

11:15 yogaflow Stephanie

Dec 29th

8 am M3thod Jill

9 am Zumba Theresa

9 am cycle express Shannon

9 am Tabata Jen

10 am group power Becky

2 pm yoga basics Colin

Dec 30th

4 pm Zumba Lindsey

5 pm cycle express Shannon

6 pm yoga vin to restore Stephanie

Dec 31st

9 am cycle express Karen

9 am Zumba Sara M

9:30 am crossfit Kristin

9:30 am aquafit Libby

10 am group power Karen

11:15 am yogaflow Peggy

Jan 1st

9 am Zumba Emily

10 am New Years chaos Crinda/Karen

12 pm cycle express Missy