

Aquacise, Group Fitness, and Cycling Winter Schedule 1/21/19 – 3/15/19

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
8 AM	Low Impact Aquacise		Low Impact Aquacise		Indoor Cycle	<p>Look for our Spring Brochure February 28, available at the front desk or online at lapeercommunitycenter.com</p> <p>Register for classes online at: Lapeerpr.recdesk.com</p> <p><i>*Spring Member Registration: 3/14/19 starting at 9 am</i></p> <p><i>*Spring Open Registration: 3/16/19 starting at 8 am</i></p> <p>Drop in to a class for \$10!*</p> <p><i>*Gentler Yoga: \$13</i></p> <p><i>*Body Weight Burner: \$5</i></p> <p><i>*Power Circuit: \$5</i></p> <p><i>*BOOM Mind & Muscle: \$5 (for non-SilverSneakers Members)</i></p>
8:15 AM			*Power Circuit- NEW!			
8:30 AM		Early Tuff Stuff		Early Tuff Stuff	Mix it Up Aquacise	
9 AM	Yogalates Indoor Cycle Moovin to Music		Yogalates Indoor Cycle Moovin to Music		Body Blast	
9:15 AM		*Body Weight Burner		*Body Weight Burner		
9:30 AM		Tuff Stuff		Tuff Stuff		
10 AM				Indoor Cycle		
10:15 AM	*BOOM Mind 		*BOOM Muscle 			
10:30 AM		Aquacise		Aquacise		
11:35 AM					Cardio Drumming	
1:15 PM		Moovin to Music		Moovin to Music		
5 PM	Weight Loss Unanimous		Weight Loss Unanimous			
5:30 PM		Gentler Yoga*				
6:00 PM	Cycle & Tone			Body Weight Burner*		
7:45 PM		Quick Cycle*				

PLEASE SEE THE BACK FOR OMIT DATES AND CLASS DESCRIPTIONS