

## LifeCenter plus Summer **Group Exercise** Schedule

**Effective June 1 – August 31, 2010**

\*No classes Monday, June 28- Sunday, July 4th

	5:45am	8:00am	8:45am	9:15am	9:40am	10:00am	Noon	1:30pm	5:30pm	6:30pm	7:30pm
<b>MON.</b>	5:45-6:45 <b>Boot Camp</b> Derek Parking Lot	8 – 8:45 <b>Low Impact Workout</b> Katelyn	8:45 – 9:30 <b>Totally Toned</b> Katelyn		9:40 – 10:40 <b>High Intensity BOSU</b> Katy	10 – 10:45 <b>Senior Balance</b> Conf. A Fran	12 – 12:45 <b>Golden Shapers</b> Susan		5:30 – 6:20 <b>Power Pump</b> Pam S.		7:00-8:00 <b>Step it Up</b> Diane K.
<b>TUES.</b>				9:15-10:15 <b>Kickboxing Combo</b> Chelsea		10:15 – 10:45 <b>Core Strength</b> Chelsea			5:30 – 6:20 <b>Power Pump</b> Diane /Judy Kathi	6:30 –7:30 <b>Zumba</b> Cindy E.	
<b>WED</b>	5:45-6:45 <b>Boot Camp</b> Derek Parking Lot	8 – 8:45 <b>Low Impact Workout</b> Katelyn	8:45 – 9:45 <b>Toning w/ Cardio Intervals</b> Judy		9:45 – 10:15 <b>Amazing Abs</b> Judy	10 –10:45 <b>Senior Balance</b> Conf. A Susan	12 –12:45 <b>Golden Shapers</b> Carol			6:30 – 7:30 <b>Kickbox w/Intervals</b> Chelsea	
<b>THURS.</b>				9:15 – 10:00 <b>Power Step</b> Pam		10 - 10:45 <b>Totally Toned</b> Pam			5:30 – 6:20 <b>Power Pump</b> Kathi P.	6:30 – 7:30 <b>High Intensity BOSU</b> Katy	
<b>FRI.</b>	5:45-6:45 <b>Boot Camp</b> Derek Parking Lot	8 – 8:45 <b>Low Impact Workout</b> Pam	8:45 – 9:30 <b>Power Pump</b> Pam		9:40 – 10:40 <b>Zumba</b> Shannon	10 – 10:45 <b>Senior Balance</b> Conf. A Susan	12-12:45 <b>Golden Shapers</b> Susan				+
<b>SAT.</b>		8 – 9:00 <b>Kickboxing Combo</b> Chelsea		9:15 – 10:15 <b>Powerful Step</b> Diane K.		10:15 – 11:00 <b>Power Pump</b> Diane K.					
<b>SUN.</b>										6-7:00pm <b>Zumba</b> Cindy E.	

**Classes and Instructors are subject to change without notice.**  
LCP policy is that no one is to enter a class more than ten minutes after start time.