

LifeCenter Plus Fall Group Exercise Schedule
Effective September 1 – December 31, 2010

	5:45am	8:00am	8:45am	9: 15am	9:40am	10:00am	Noon	1:30pm	5:30pm	6:30pm	7:30pm
MON.	5:45-6:45 Boot Camp Session III 9/13-10/22 Fitness Staff	8 – 8:45 Low Impact Workout Paula	8:50 – 9:35 Totally Toned Katy		9:40 – 10:40 High Intensity BOSU Katy	10 – 10:45 Senior Balance Conf. A Fran	12 – 12:45 Golden Shapers Susan		5:30 – 6:30 Hi-Lo Combo Pam S.		7:00-8:00 Step it Up Cindy B.
TUES.	5:45-6:45 Surf & Turf Cross Train Jennifer POOL			9:15-10:15 Kickboxing Combo Chelsea		10:15 – 10:45 Core Strength Chelsea			5:30 – 6:20 Power Pump Diane /Judy Kathi	6:30 –7:30 Zumba Cindy E.	
WED	5:45-6:45 Boot Camp Session III 9/13-10/22 Fitness Staff	8 – 8:45 Low Impact Workout Paula	9:00 – 10:00 Toning w/ Cardio Intervals Judy		10:00-10:30 Amazing Abs Judy	10 –10:30 Senior Balance Conf. A Susan	12 –12:45 Golden Shapers Carol		5:30-6:30pm Core Circuit Diane R.	6:45-7:45pm Boot Camp Derek	
THURS.	5:45-6:45 Surf & Turf Cross Train Katy/Chelsea Main Gym			9:15 – 10:00 Power Step Pam		10 - 10:45 Totally Toned Pam			5:30 – 6:20 Power Pump Kathi P.	6:30 – 7:30 High Intensity BOSU Katy	
FRI.	5:45-6:45 Boot Camp Session III 9/13-10/22 Fitness Staff	8 – 8:45 Low Impact Workout Pam	8:50 – 9:35 Power Pump Pam		9:40 – 10:40 Zumba Shannon	10 – 10:45 Senior Balance Conf. A Susan	12-12:45 Golden Shapers Susan				
SAT.		8 – 9:00 Kickboxing Combo Chelsea		9:15 – 10:15 Powerful Step Diane K.		10:15 – 11:00 Power Pump Diane K.					
SUN.									5:30-6:00 Intro to Zumba 1 st Sunday every month	6-7:00pm Zumba 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.