

Attention Members:

The following class(es) will be cancelled and/or changed, due to instructor/sub availability (Lisa E's surgery recovery):

Hydro-Pilates @ 12:00pm

Mondays, through at least 11/9/25

Pilates Fusion @ 12:00pm

Thursdays, through at least 11/9/25

Reformer (\$) @ 6pm & 11am

Tuesday & Thursday, through at least 11/12/25

****THE FOLLOWING ARE BACK!****

↓ **Mat Pilates Chall @ 7:45am** ↓

Mondays & Fridays, BACK AS OF 11/3!

Aqua Barre @ 12:15pm

Tuesdays, BACK AS OF 10/21!

Hydro-Pilates @ 1:15pm

Thursdays, BACK AS OF 10/23!

Chair Pilates @ 8:30am

Fridays, BACK AS OF 11/7!

Reformer @ see below

Fri @ 12pm | Sat @ 9:15am | Sun @ 10am

All class(es) effected will resume to normal the next week unless otherwise noted.

We apologize for any inconvenience. We appreciate your understanding.

Thank you! -LCP Management

