

# Attention Members:

The following class(es) will be cancelled this week, due to instructor/sub availability as Instructor Lisa E will be out of town:

**\*\*Reformer (\$), ALL days/times\*\***

**11/11/2023-11/16/23**

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**Aqua Barre, @12:15pm**

**11/14/2023**

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**Mat Pilates Challenge, @12:00pm**

**11/16/2023**

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**Low-Impact Line Dancing, @6pm**

**11/19/2023**

All class(es) effected will resume to normal the next week.  
We apologize for any inconvenience. We appreciate your understanding.  
Thank you! -LCP Management



**LifeCenter plus**  
Health and Fitness Center