

# Attention Members:

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

**Hydro-Pilates @ 12:00pm**

**Mondays, 10/3/25-10/31/25**

**Pilates Fusion @ 12:00pm**

**Thursdays, 10/3/25-10/31/25**

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

**Aqua Barre @ 12:15pm**

**Tuesdays, BACK AS OF 10/21!**

**Hydro-Pilates @ 1:15pm**

**Thursdays, BACK AS OF 10/23!**

**Reformer @ see below**

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

**Tues @ 6pm starting 10/17!!**

## Subbed Classes

**Pilates Mat Challenge @ 7:45am (Mondays & Fridays)**

**10/20/25 & 10/27/25 with Amelia G. | 10/17/25 with Angela D.**

**Chair Pilates @ 8:30am (Fridays)**

**10/1/25-10/31/25 with Renee C.**

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



**LifeCenter plus**  
Health and Fitness Center