

# Attention Members:

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

Mat Pilates @ 7pm

Thursday, 7/31/25 & 8/7/25

Strength & Sweat @ 10am

Saturday, 8/2/25

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

