

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:05 AM		Cycle w/ Chris		Cycle w/ Pam		
6:00 AM	Cardio/Strength w/ Mindy	Strength w/ Chris	Cycle w/ Mindy	Strength w/ Chris	Yoga NEW! w/ Marguerite (Studio 1) Kettlebell* w/ Gary	
7:00 AM	Cardio w/ Lisa	Kettlebell* w/ Gary	Cardio w/ Lisa	Kettlebell* w/ Gary	Cycle w/Mindy	
8:00 AM	Strength w/ Tina	Cardio w/ Linda	Strength w/ Tina	Cardio w/ Linda	Strength w/ Linda	Cardio/Strength w/ Rotation
9:00 AM	Fluidity w/ Christy (Studio 1) Strength w/ Judy (Studio 3)	Yoga w/ Mike (Studio 1) Legs, Core, & More w/ Linda (Studio 3)	Cycle w/ Judy	Yoga w/ Mike (Studio 1) Legs, Core, & More w/ Linda (Studio 3)	Serenity Break w/ Linda (Studio 1) Strength w/ Judy (Studio 3)	Yoga w/ Rotation (Studio 1)
10:00 AM	Cardio/Strength w/ Christy	Chair Yoga w/ Mike (Studio 1) Low Impact Cardio w/ Judy (Studio 3)	Yin Yoga w/ Tami (Studio 1) Cardio/Strength w/ Christy (Studio 3)	Chair Yoga w/ Mike (Studio 1) Cycle w/ Stephanie (Studio 3)	Low Impact Cardio w/ Judy	
11:00 AM	Cardio Dance w/ Christy	Yoga w/ Tami (Studio 1)	Cardio Dance w/ Christy	Yoga w/ Stephanie (Studio 1)	Yoga w/ Tami (Studio 1)	
3:30 PM	Cycle w/ Ray	Strength w/ Lyn	Cycle NEW! w/ Deb	Strength w/ Lyn		
4:30 PM	Zumba w/ Shyra	Cardio/Strength w/ Jennifer	Zumba w/ Eddie	Cardio/Strength w/ Jennifer		
5:15 PM			Barre / Core Fusion w/ Vicki (Studio 1)			
5:30 PM	Strength w/ Kristen	Core Fusion w/ Mandy (Studio 1) Kettlebell* w/ Deb (Studio 3)	Cycle w/ Mike	TRX / Core Fusion NEW! w/ Paula (Studio 3)		*Fundamentals Required **Registration Required ***Additional Fee & Registration Required
6:30 PM	Yoga w/ Mike (Studio 1)	EDGE Boot Camp*** w/ Mandy (Studio 3)	Yoga w/ Mike (Studio 1)			

Class Descriptions

Barre – A ballet inspired workout designed to challenge your core stability and balance. This class launches a total body workout that tones your abs, hips, and seat.

Cardio/Strength – Experience a full-body cardio & strength-training workout in one! Cardio portions may include hi-lo, kickboxing, dance, step, athletic drills, and cycle! Strength segments will consist of total body exercises using dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, and more! No previous experience required. All fitness levels welcome!

Cardio – Experience various styles of cardio activities to improve cardiovascular endurance, such as hi-lo, kickboxing, dance, and athletic drills in this high-energy class. All cardio workouts will have you sweating, smiling, and having fun! All fitness levels welcome!

Cardio Dance – Enjoy a fun cardiovascular workout while moving to the rhythm of great music! This class features a variety of dancing styles. Open to all levels!

Chair Yoga – Enjoy the exploration of alignment, strength, balance, flexibility, breath, and relaxation in this supportive chair-based class. This class offers Yoga benefits using a chair as a prop for support, balance, and advancing the pose as appropriate for every participant. No Yoga experience needed.

Core Fusion – This class is based in Pilates and features moves from a variety of disciplines designed to strengthen and tone the muscles in your core. This class will use a variety of equipment (small balls, magic circles, foam rollers, weights, and bands).

Cycle – Class to challenge your cardiovascular and muscular endurance. Each class is full of energy-powered intervals, hill climbs, sprints and drills to build endurance, strength, and speed.

Fluidity – Turn back the clock with rhythmic movement techniques that combine exercises to lengthen and strengthen your body; improve balance and joint mobility. Good for all levels!

Kettlebell – Use kettlebells to work the entire body emphasizing the hips, hamstrings and core musculature. *Pre-requisite:* KB Fundamentals: Must have healthy hips, back, shoulders and knees.

Leg, Core, & More – This class focuses on building lower body and core strength with a mix of standing, sitting, and mat exercises. A stretch completes the workout for proper recovery and to improve flexibility.

Low Impact Cardio – Complete fitness class with cardiovascular and muscle conditioning for individuals new to fitness and older adults. Good for participants with exercise limitations.

Pilates – Focus on your body's core - the abdomen, obliques, lower back, inner and outer thigh, butt, to develop much of what exercisers need — strength, flexibility, muscular endurance, coordination, balance, and good posture.

Serenity Break – This 30-minute meditation chair class includes light stretching and deep breathing.

Strength – Enjoy this total body workout designed to increase your muscular strength by targeting all your major muscle groups. This class utilizes equipment, dumbbells, kettlebells, body bars, exercise bands, BOSU trainers, stability balls, and more! A must for all levels!

TRX Suspension Training: With TRX Suspension Training, participants harness their own body weight to create resistance as they train to build core and overall strength. *TRX Pre-requisites:* a strong awareness of your body in space, a strong spine, and healthy joints.

Yoga – Engage your body, mind, and spirit through the practice of Yoga. Participants will engage in dynamic, energetic, and calming movements to encourage the development of strength, body awareness, stamina, balance and mindfulness. Open to all levels!

Yin Yoga – This slow pace meditative style of yoga is designed to improve your range of motion by holding gentle static stretches for 2-4 minutes. This focus on connective tissue increases circulation and joint flexibility.

Zumba – Enjoy a mixture of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class is a total workout, combining all fitness elements – cardio, muscle conditioning, balance, flexibility, boosted energy, and a serious dose of awesome each time you leave class.

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HOURS OF OPERATION:

Monday-Thursday: 5:00 am - 8:00 pm

Friday: 5:00 am - 6:00 pm

Saturday: 7:30 am -12:00 pm

Sunday: Closed