

May

Group Fitness
is FREE for
members!
No sign-ups needed

MONDAY

5:30-6:15am Spin
5:30-6:30am Body Pump
8:15-9:15am Bosu Circuit
8:15-9:15am Body Combat
9:20-9:50am CORE
9:20-10:20am Body Pump
9:20-10:10am  **VIRTUAL** RPM
9:50-10:50am Zumba
11:15-12pm Silver Cardio/Strength
12:15-1:15pm  **VIRTUAL** Body Pump
5:30-6:30 pm Body Pump
6-6:45pm Spin
6-7pm Vinyasa Yoga
6:30-7pm GRIT Strength
7:15-8pm  **VIRTUAL** The TRIP
7:15-8pm  **VIRTUAL** Body Pump

THURSDAY

5:30-6:15am HIIT happens
5:30-6am Grit Strength
6-6:30am  **VIRTUAL** CORE
8:15-9:15am Body Pump
8:15-9am Les Mills Tone
8:15-9am Spin
8:30-9:15am Tai chi
9-10am Body Balance
9:15-10am  **VIRTUAL** RPM
12:15-1:15pm  **VIRTUAL** Body Pump
4-4:45pm  **VIRTUAL** Body Combat
6-7pm Body Pump
6-6:45pm  **VIRTUAL** RPM

TUESDAY

5:30-6am Grit Strength
5:30-6:15am HIIT happens
6-6:30am  **VIRTUAL** CORE
8:15-9:15am  **VIRTUAL** Body Pump
8:15-9am Les Mills Tone
8:15-9am Spin
9-10am Body Balance
9:15-10am  **VIRTUAL** The TRIP
9:30-10:30am OULA
11:15-12pm Silver Yoga
12:15-1:15pm  **VIRTUAL** Body Pump
4-4:45pm  **VIRTUAL** Body Pump
6-6:45pm  **VIRTUAL** RPM
6-7pm  **VIRTUAL** Body Pump
6-7pm BOSU Circuit


FRIDAY

5:30-6:30am Body Pump
8:15-9:15am Bosu Circuit
8:15-9am Silver Strong
8:15-9:15am Body combat
9-9:45  **VIRTUAL** RPM
9:15-10:15am Zumba
9:20-10:20am Body Pump
11:15-12pm Silver Yoga
4-5pm  **VIRTUAL** Body Pump
5-5:30pm  **VIRTUAL** Grit Strength
5:30-6:15pm  **VIRTUAL** Body Balance

SUNDAY

8:15-8:45am  **VIRTUAL** GRIT Strength
9-10am  **VIRTUAL** Body Combat
10-10:45am Power Yoga
10-11am  **VIRTUAL** Body Pump
4-5pm  **VIRTUAL** Body Pump
5-6pm  **VIRTUAL** Body Balance

WEDNESDAY

5:30-6:30am Body Pump
5:30-6:15am Spin
8:15-9:15am  **VIRTUAL** Body Combat
8:15-9am Silver Strong
8:15-9am  **VIRTUAL** RPM
8:30-9:15 am Pilates
9:15-9:45am  **VIRTUAL** CORE
9:20-10:20am Body Pump
9:30-10 am Spin
9:45-10:45am Gentle Yoga
11:15-12 pm Silver Cardio/Strength
12:15-1:15pm  **VIRTUAL** Body Pump
4-4:45pm  **VIRTUAL** Body Pump
5:30-6pm  **VIRTUAL** Grit Strength
6-7pm Body Pump
6-7pm OULA
6-6:45pm Spin
7-8pm Power yoga
7-7:45pm  **VIRTUAL** RPM

SATURDAY

8-8:45am Spin
8:15-9:15am Body Combat
8:15-8:45am Grit Strength
9-10am Body Pump
9-9:45am  **VIRTUAL** The Trip
9:15-10am Hatha Yoga
10-11am OULA
10:30-11:30am  **VIRTUAL** Body Pump

*Instructor-led classes may be
subject to change due to weather,
availability, etc. Please check the
LRC Mobile App for announcements,
cancellations, or schedule
adjustments.