

MARCH

MONDAY

- 5:30-6:15am Spin **NEW**
- 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  RPM
- 9:50-10:50am Zumba
- 11:15- 12pm Silver Cardio/ Strength
- 12:15-1:15pm  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  The TRIP
- 7:15-8pm  Body Pump

THURSDAY

- 5:30-6:15am HIIT happens **NEW**
- 5:30-6am Grit Strength
- 6-6:30am  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  RPM
- 12:15-1:15pm  Body Pump
- 4-4:45pm  Body Combat
- 6-7pm Body Pump
- 6-6:45pm  RPM

*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.

TUESDAY

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

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  RPM
- 9:15-10:15am Zumba
- 9:20-10:20am Body Pump
- 11:15-12pm Silver Yoga
- 5-5:30pm  Grit Strength
- 5:30-6:15pm  Body Balance






WEDNESDAY

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

SUNDAY

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

Group Fitness
is FREE for
members!
No sign ups needed