



# Wellness-Fitness

## LIFE FITNESS CENTER Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 a.m.	<b>Turbo Kick</b> 45 minutes	<b>Strength &amp; Tone (Upper Body)</b> 45 minutes	<b>Boxing Boot Camp</b> 45 minutes	<b>Strength &amp; Tone (Lower Body)</b> 45 minutes	<b>Energy Blast</b> 45 minutes
11:45 a.m.	<b>Abs</b> 15 minutes	<b>Abs</b> 15 minutes	<b>Abs</b> 15 minutes	<b>Abs</b> 15 minutes	<b>Abs</b> 15 minutes
12:05 p.m.		<b>No Sweat</b> 30 minutes		<b>No Sweat</b> 30 minutes	
12:10 p.m.	<b>Pilates</b> 50 minutes		<b>Pilates</b> 50 minutes		
4:15 p.m.		<b>Strength/Cardio Combo</b> 45 minutes		<b>Strength/Cardio Combo</b> 45 minutes	

**NOTE: When no class is in session, members are welcome to use any of our videos or you may bring one of your own.**

