



# December Group Exercise Schedule

## Monday

- 5:30 Cycle: Rachel (2)
- 7:30 Yoga: Keith (1)
- 8:30 Sit & Fit: Keith (1)
- 8:30 Cycle/Step: Tosha(2)
- 9:30 Gentle Yoga: Penny (1)
- 10:45 Zumba: Shon (1)
- 12:15 Body Sculpt: Tosha (1)
- 12:15 Yoga: Keith (MB)
- 4:00 Ab Attack: Jordan (1)
- 4:30 Kickboxing: Jordan (1)
- 5:15 Yoga: Keith (2)
- 5:30 Barre: Rachel (1)
- 6:30 Zumba: Toni (1)
- 7:30 Ballroom: Jim (1)
- 8:30 Ballroom: Jim (1)

## Tuesday

- 8:30 Tai Chi: Shelia (1)
- 8:30 Overdrive: Margie (2)
- 9:30 Gentle Yoga: Keith(1)
- 9:30 Beginner Step: Judy (2)
- 10:30 Young @ Heart: Margie (1)
- 12:15 Pilates: Margie(1)
- 4:00 Ab Attack: Jordan (1)
- 4:30 MELT: Jordan (1)
- 5:00 Overdrive: Rachel (G)
- 5:15 Pilates: Kreith (MB)
- 5:30 Cycle: Meg (2)
- 5:30 Zumba Step: Shon (1)
- 6:30 Vinyasa: Margie (1)

## Wednesday

- 7:30 Yoga: Keith (1)
- 8:30 Pilates: Keith (1)
- 8:30 Kickboxing: Jordan (2)
- 9:30 Body Sculpt: Jordan (2)
- 9:30 Sit & Fit: Shelia (1)
- 12:15 Cycle: Jordan (2)
- 3:30 Yoga: Keith (1)
- 4:30 Power Pilates: Margie (1)
- 5:00pm Xpress Cycle: Rachel (2)
- 5:30 Ab Attack: Rachel (2)
- 5:30 Zumba: Rotating (1)
- 6:00 Warrior Sculpt: Margie (MB)

## Thursday

- 6:15 Tabata Rachel(1)
- 8:30 Overdrive: Jordan (G)
- 8:30 Tai Chi: Shelia (1)
- 9:30 Gentle Yoga: Penny (1)
- 9:30 Beginner Step: Judy (2)
- 10:30 Young @ Heart: Judy(1)
- 12:15 MELT: Jordan(1)
- 12:15 Yoga: Peggy (MB)
- 4:00 Ab Attack: Tosha (1)
- 4:30 Body Sculpt: Tosha (1)
- 5:00 Cycle: Meg (2)
- 5:30 Overdrive: Tosha (G)
- 5:30 Step: Keith (1)
- 6:30 Zumba: Toni (1)

## Friday

- 5:30 Cycle: Rachel (2)
- 8:30 Step: Jordan (1)
- 8:30 Sit & Fit: Margie (2)
- 9:30 Barre: Rachel (1)
- 9:30 Gentle Pilates: Margie (MB)
- 10:30 Yoga: Peggy (MB)
- 10:30 Beginner Kickboxing: Judy (1)
- 12:15 Tabata: Rachel (G)
- 3:30 Yoga: Keith
- 4:30 Kickboxing: Keith (1)
- 5:30 MELT: Margie (1)

## Saturday

- 8:15 Yoga: Keith (1)
- 8:30 Cycle:Rotating (2)
- 9:30 MELT: Lauren (1)
- 10:30 Zumba: Rotating (1)
- 11:30 Step: Keith (1)

## Sunday

- 1:00 Power Pilates: Margie (1)
- 2:00 Strong by Zumba: Shon (1)

- Lift Burn classes
- Lift Pump classes
- Lift Mind Body classes
- Lift Fusion classes
- Lift Lite classes
- (G)=Gym
- (1)=Studio 1
- (2)=Studio 2
- (MB)=Mind Body studio

## **Lif+** Pump Classes

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Our pump classes are intended to help you gain maximum strength, better posture, balance, and overall muscle tone.

## **Lif+** Fusion Classes

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The fusion classes bring you the best of both worlds. These classes fuse two formats in one!

## **Lif+** Burn Classes

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Come torch calories and expect to sweat in our burn classes. These classes are non-stop and cardio-based.

## **Lif+** Lite Classes

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Our lite classes are low impact , low intensity, and easy on the joints. Great for those with limitations, new to fitness or looking for a slower pace.

## **Lif+** Mind Body

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The mind and body classes will help you to relax while gaining better mobility, balance, and state of mind.

*See full class description packets for more information or visit [liftjackson.com](http://liftjackson.com).*