



November 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 (1)
- 3:30 Yoga: Keith (1)
- 4:45 Power Pilates: Margie (1)
- 5:30pm Xpress Cycle: Rachel (2)
- 6:00 Ab Attack: Rachel (2)
- 6:00 Warrior Sculpt: Margie (MB)
- 6:30 Zumba: Rotating (1)

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 Ride & Run: Rachel (2)
- 8:30 Step: Jordan (1)
- 8:30 Sit & Fit: Margie (2)
- 9:30 Barre: Jordan (1)
- 9:30 Gentle Pilates: Margie (MB)
- 10:30 Yoga: Peggy (MB)
- 10:30 Beginner Kickboxing: Judy (1)
- 12:15 Tabata: Tosha (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



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

Lif+ Fusion Classes



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

Lif+ Burn Classes



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

Lif+ Lite Classes



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



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.