

LIFE CENTER FITNESS CLASS SCHEDULE

Cardio Sculpt~ Maria

Tuesday 7:00 pm

An energetic mix of aerobics and weight lifting intervals.

Resuming March 1st

Total Body Fusion~ Mark

Monday 7:00 pm

A beginner's blend of cardio strength and stretching.

Pilates~ Mark

Thursday 7:00 pm

Gentle core strength for beginners.

Resuming April 6th

Chair Exercises~ Kathy

Tuesday 11:00 am

Friday 11:00 am

A gentle workout to mobilize muscles
And joints.