

# Spring 2018 LFM Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		LFM TEAM TRAINING		LFM TEAM SPINNING <i>John</i>	LFM TEAM TRAINING		
7:00am							
8:00am				ZUMBA <i>Macee</i>	POWER YOGA <i>Sera</i>	LFM TEAM SPINNING <i>Megan</i>	
9:00am		LFM TEAM Balance & Stability	LFM TEAM SPINNING <i>John</i>	LFM TEAM BALANCE & STABILITY		LFM TEAM SPINNING <i>Erica</i>	
10:00am	LFM YIN YANG YOGA <i>Sera</i>	LFM TEAM SPINNING <i>Megan</i>			LFM TEAM Balance & Stability	ZUMBA <i>Ashley</i>	
11:00am							
4:30pm	LFM TEAM TRAINING <i>Anna</i>	30:30 FITNESS BLAST <i>Dave</i>	LFM TEAM STRENGTH <i>Megan</i>	LFM TEAM SUSPENSION + SPIN <i>Megan</i>			
5:30pm	LFM TEAM SPINNING <i>John</i> ZUMBA <i>Ashley</i>	LFM TEAM SPINNING <i>John</i>	LFM TEAM SPINNING <i>John</i> ZUMBA <i>Macee</i>	POWER YOGA <i>Sera</i>			
6:30pm		GENTLE YOGA <i>Sera</i> (TRX Room)	POUND FITNESS <i>Jenna</i>	GENTLE YOGA <i>Sera</i> (TRX Room)			



April - May- June

\*Group Fitness Schedule is subject to change.

1226 National Highway  
LaVale, MD 21502  
301-729-2275  
www.lifefitness-management.com

3-21-2018

## CLASS DESCRIPTIONS

**LFM TEAM BALANCE & STABILITY** includes exercise designed to increase muscle strength and stability with an emphasis on posture and core. [PERSONAL TRAINING STUDIO]

**30:30 FITNESS BLAST** includes 30 minutes of Cardio Equipment Training followed by 30 minutes of Strength training... The ultimate fitness workout

**PILATES** promotes the balanced development of your body through core strength, flexibility, and awareness. It improves flexibility, builds strength, develops control and endurance in the whole human body while putting an emphasis on alignment, breathing, and developing a strong powerhouse, and improving coordination and balance. [STUDIO A]

**LFM TEAM SPIN** is indoor cycling set to motivating, energizing music. All levels of fitness are welcome! Work at your own pace in this vigorous, calorie-scorching class. [SPIN STUDIO]

**LFM TEAM SPIN & SCULPT** is a powerful combination workout offering 25 minutes of spin and 25 minutes of strength with light to medium weights. You'll cool down with stretching to round out the perfect combo workout. [SPIN STUDIO/STUDIO B]

**LFM TEAM STRENGTH** is a strength workout that challenges specific muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls set to music. [STUDIO B]

**LFM TEAM TRAINING** is your opportunity to work with a personal trainer in a large group setting. Groups complete circuits that build strength while increasing heart rate to give you a workout that burns calories during and AFTER class! Learn how to use kettle bells, bands, TRX, BOSUs, and body weight exercise to reach your individual fitness goals while having FUN! [PERSONAL TRAINING STUDIO]

**LFM TEAM TRX + SPIN** lets you shape up fast with a super-charged combo of strength and cardio training. Our unique program joins TRX® Suspension Training® with high-energy, fat-burning spinning that will boost your metabolism, improve heart and lungs, and tone you up. [SMALL GYM AREA]

**POUND FITNESS** brings out your inner rock star with this cardio/strength workout using weighted drumsticks and mat.

**GENTLE YOGA** a gentle restorative class designed for all levels. You'll leave each session feeling centered, calmer and more flexible.

**POWER YOGA** takes your yoga practice to the next level with balance, breath, flexibility and strength.

**ZUMBA** combines high energy and motivating music with unique moves and combinations that allow the participants to dance away their worries. It is based on the principle that workouts should be "FUN & EASY TO DO" Zumba is a "feel-happy" workout; great for both the body and the mind. [STUDIO B]

## CLASS INFORMATION

**Advance sign up:** We require advance sign up for classes. Class sign-up is available for all classes online at [myclubonline.com](http://myclubonline.com) or through the front desk. You may show up without advance sign-up and drop-in the class if an opening is available

**Class Offerings:** Class selection is based on attendance which is tracked through our sign-in sheets which are at the front door of every class. Please be sure to sign-in every time you attend a class to insure accurate attendance and that the class remains on the schedule.

**Class Length:** Classes followed immediately by another class will be 50 minutes in length.

**Schedule Adjustments:** Class schedules are established on a quarterly basis but are subject to change periodically. Check back with the front desk to be sure you have the current quarterly schedule.

**LFM Cancellations:** In the case of a class cancellation, notices are posted on My iClub online, Facebook and through email.

**No show Policy:** Clients that do not show or cancel out of a class with less than 2 hours notice will be subject to a no show/cancellation fee of \$5.