

LOCOMOTION FITNESS CENTER
Land Aerobic Schedule-2023

March 2023	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:35 a.m. - 6:30 a.m.		Weights Echo		Spin Jennifer	Mixer Leslie		
8:00 a.m.- 9:00 a.m.		Ignite/Hot Yoga 8:30-9:30	Yoga W/Jessica (8:30-9:30)	Ignite/Hot Yoga 8:30-9:30		Mixer Becky (8:15-9:15)	
9:00 a.m. - 10:00 a.m.	Cardio Party Gwynn	Mixer Carrie	Pilates W/ Amy (9am-10am)	Mixer Gwynn	Mixer Becky		
Silver Sneakers 10:15 a.m.- 11:15 a.m.	Classic Gwynn	Cardio Sherry	Classic Amy L	Mixer Sherrie			
3:00 p.m.- 5:00 p.m.							Yin Yoga 4pm
5:45 p.m.- 6:30 p.m.	Mixer Amy J	Tabata Penny	Boot Camp Callie				

Must sign up at the front desk 24 hours to participate in Hot Yoga.

Hot Yoga is a separate charge from your membership.

Members-\$ 10.00 /Non-Members- \$15.00