

GROUP FITNESS CLASS SCHEDULE- Effective Jan 23rd 2012

MONDAY			TUESDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30-9:30	Basic Step	Kim	8:30 - 9:30	Power Pump	Judy
9:30-10:30	Spin	Amy	9:30 - 10:30	Sweat -n-Chisel	Susan
9:30 -10:30	Power Pump	Tabetha	10:30 -11:30	Yoga	Kristina
5:00- 6:00	Step it Up	Shirley	5:30 - 6:30	Power Pump	Tabetha
6:00- 7:00	Spin	Rachelle	6:30 - 7:30	Basic Step	Kim
6:00 - 7:00	Zumba	Cathy	7:30 - 8:00	Butts and Gutts	Kim
7:00 - 8:00	Pilates	Cathy			

WEDNESDAY			THURSDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30 - 9:30	On The Ball	Renee	8:30 - 9:30	Yoga	Judy
9:30 - 10:30	Zumba	Cathy	9:30 - 10:30	Sweat-n-Chisel	Judy
9:30 -10:30	Spin	Deb			
10:30 -11:30	Pilates	Cathy	5:30-6:30	On the Ball	Renee
5:30- 6:30	Spin	Skip	5:30-6:30	Spin	Diane
5:30- 6:30	Mixer	Kim	6:30 - 7:30	Zumba	Amy
6:30- 7:30	Yoga	Kimmy			

FRIDAY			SATURDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30 - 9:30	Step it Up	Judy	8:00 - 8:45	Sweat-n-Chisel	Susan
9:30 - 10:30	On the Ball	Renee	9:00 - 10:00	Spin	Diane
9:30-10:30	Spin	Laurie	9:00 - 10:00	Step it Up	Deb
			10:00-11:00	Yoga	Kristina

SUNDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>
9:00 - 10:00	Spin	Deb
10:00 -11:00	Mixer	Deb

Classes are subject to cancellation if participation is low

CLASSES IN BOLD ARE NEW!

CLUB HOURS:

Mon & Wed 6:00am-8:30pm Tue & Thur 7:30am-8:30pm **Friday 6:00am-3:00pm**
 Saturday 7:30am-2:00pm Sunday 9:00am-1:00pm

Lady of Livingston (810) 225-8730

8491 W. Grand River, Suite 100
 Brighton, MI 48116

Check out our website! ladyoflivingston.com (get club info & print off class schedules)

Babysitting Rates

1 Month-\$35.00
 \$5.00 per child

EFT
 Drop-In
 Mon-Friday 8:30-'12

Day Care Hrs

Revservation are Required