

# GROUP FITNESS CLASS SCHEDULE- Effective June 2010

MONDAY			TUESDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30-9:30	<b>On the Ball</b>	Renee B.	8:30 - 9:15	Sweat-n-Chisel	Judy
9:30 - 10:30	Spin	Amy	9:15 - 9:30	Abs	Judy
9:30 - 10:15	<b>Manic Monday</b>	Renee B.	9:30 - 10:30	Mixer	<b>Susan</b>
10:15 - 10:30	<b>Abs</b>	Renee B.	10:30 - 11:30	Yoga	Kristina
5:00-5:45	<b>Lift,Tone,Shred</b>	Judy	5:30 - 6:30	Power Hour	Ruth
5:45 - 6:30	<b>Step-n-Tone</b>	Judy	6:30 - 7:30	Mixer	Ruth
5:30- 6:30	Spin	Kris			
6:30 - 7:30	<b>Pilates</b>	<b>Cathy</b>			

WEDNESDAY			THURSDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
6:00 - 7:00	Spin	Skip	8:30 - 9:30	Pilates	Cathy
8:30 - 9:30	Step-n-Sculpt	Judy	9:30 - 10:30	Spin	Skip
9:30 - 10:30	Amp it Up	Deb	9:30 - 10:15	Sweat-n-Chisel	Ruth
5:30 - 6:15	Step it Up	Renee B.	10:15 - 10:30	Abs	"
6:15- 6:30	Abs	"			
6:30 - 7:30	On the Ball	Renee B.			
			5:30 - 6:30	Cardio Fusion	<b>Amy P</b>
			5:30 - 6:30	<b>Spin</b>	<b>Diane</b>

FRIDAY			SATURDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Time</u>	<u>Class</u>	<u>Instructor</u>
8:30 - 9:15	Power Hour	Michelle	8:00 - 8:45	Sweat-n-Chisel	Deb
9:15 - 9:30	Abs	"	8:45 - 9:00	Abs	"
9:30-10:30	Spin	Laurie	9:00 - 10:00	Spin	Skip
9:30-10:30	<b>Step it Up</b>	<b>Judy</b>	9:00 - 10:00	Step it Up	Renee
			10:00-11:00	Yoga	Kristina

SUNDAY		
<u>Time</u>	<u>Class</u>	<u>Instructor</u>
9:00 - 10:00	Spin	Deb
10:00 - 10:45	On the Ball	Deb
10:45-11:00	Abs	Deb

**Classes are subject to cancellation if participation is low**

## CLUB HOURS:

Mon & Wed 6:00am-8:30pm Tue & Thur 7:30am-8:30pm Friday 6:00am-6:00pm

Saturday 7:30am-2:00pm Sunday 9:00am-1:00pm **Winter/Spring/Fall Hrs**

**Friday 6:00am-3:00pm (Summer Hrs)**

**Lady of Livingston (810) 225-8730**

8491 W. Grand River, Suite 100

Brighton, MI 48116

**Check out our website! [ladyoflivingston.com](http://ladyoflivingston.com) (get club info & print off class schedules)**

## Babysitting Rates

1 Month-\$35.00

\$5.00 per child

**Revservation are Required**

**Mon-Friday 8:30-12:00**

**EFT**

**Drop-In**

**Day Care Hrs**