

# GROUP X



## CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
8:30-9:30am					
					Cycling (Judith/Catherine)
10:00-11:00 am					
	Senior Espresso (Lori)	Senior Water Aerobics (Lori)	Senior Espresso (Lori)	Senior Circuit (Lori)	
11:00-11:50 am					
PiYo (Lori)		Cycling (Judith)		Senior Water Aerobics (Lori)	
				Power Pump (Catherine)	
12:00-12:50					
Senior Water Aerobics (Lori)	Power Pump (Catherine)	Express Step (Jessica)	Cycle / Circuit (Catherine)  Water BURN (Jessica)	Step It Up! (Jessica)	
1:00-2:00 pm					
Kickboxing (Catherine)					
5:30-6:30 pm					
Step (Amanda)	Cycling (Amanda)		30/20/10 (Amanda)		

Schedule subject to change without notice • Classes range anywhere from 15-60 minutes

LifeStart at Lakeway Athletic Club • 3838 N. Causeway Boulevard, Metairie, LA 70002 • 9th Floor • 504.309.5252