

Special Group Fitness Schedule

Monday, December 23rd-Sunday, December 29th, side 1

Monday, December 30th – January 4th, side 2

Monday, December 23rd

Center Hours 5am-10pm

5:45am Group Active with Charmaine
8:10am Aqua Fit with Sharon
8:15am Yin Yoga with Christina
9:15am Aqua Fit with Sharon
9:30am Hatha Yoga with Maura
10:30am *Forever Young with Charmaine
11:30am Cardio Blast with Nicole
12:00pm Full Body Strength with Nicole
4:30pm Group Core with Larry
5:00pm Group Power with Larry
5:30pm H2O Cardio with Mary Lynn
6:00pm Group Active with Tammy
6:00pm Cycling with Sharon
6:30pm Aqua Fit with Mary Lynn

Tuesday, December 24th

Center Hours 7am-1pm

8:00am Zumba Fitness with Maria
8:00am 30m *Work It Circuit with Ben
9:00am Cycling with Nancy
8:30am Pool Volleyball
9:30am H2Overload with Sandy

Wednesday, December 25th

Christmas Day, Center Closed

Thursday, December 26th

Center Hours 7am-8pm

9:15am Aquata Tabata with Terry
10:15am Aqua Fit with Terry
12:00pm *Work It Circuit with Brad
12:30pm Zumba with Maria
5:30pm Aqua Fit with Mary Lynn
6:00pm Cycling with Stephanie
6:30pm Pool Volleyball with Mary Lynn

Friday December 27th

Center Hours 5am-10pm

6:00am Cycling with Nancy
8:10am Aqua Fit with Sharon
9:00am *Work It Circuit with Brad
9:15am Aqua Fit with Sharon
4:30pm Group Core - Larry
5:00pm Group Power – Larry
6:15pm *Work It Circuit – Oscar

Saturday December 28th

Center Hours 7am-5pm

7:30am Zumba Fitness with Maria
7:30am Aquata Tabata with Terry
8:30am Aqua Fit with Terry
8:30am Group Active with Tammy
9:35am Group Power with Tammy
9:30am Cycle training with Maggie

Sunday, December 29th

Center Hours 7am -5pm

10:30am Mindful Hatha Flow with Ailin

(highlights classes held on the Basketball Court*

Missing your favorite class and instructor?
Give MOVE a try – our Virtual Group Fitness Platform found on our LCF App.

We wish you a happy, healthy & safe holiday season. Keep Moving!



Special Group Fitness Schedule

Monday, December 23rd-Sunday, December 29th, side 1

Monday, December 30th – January 4th, side 2

Monday, December 30th

Center Hours 5am-10pm

5:45am Group Active with Charmaine
8:10am Aqua Fit with Sharon
8:15am Yin Yoga with Christina
9:15am Aqua Fit with Sharon
10:30am Pilates with Delia
10:30am *Body Work with Nicole
11:30am Cardio Blast with Morgan
12:00pm Group Power with Morgan
4:30pm Group Core with Larry
5:00pm Group Power with Larry
5:30pm H2O Cardio with Mary Lynn
6:00pm Group Active with Tammy
6:00pm Cycling with Sharon
6:30pm Aqua Fit with Mary Lynn

Tuesday, December 31st

NY Eve, Center Hours 7am-1pm

8:10am H2O Bootcamp with Morgan
9:00am Pool Volleyball
9:15am Cycle with Morgan
9:30am *Work It Circuit w/ Daryus
9:30am Zumba Fitness with Maria
10:30am Candlelight Gentle Yoga,
Restorative Meditation Based with Letty
11:00am Cycling with Nicole
12:00pm Full Body Strength with Nicole

Wednesday, January 1st

NY Day Center Hours 7am-1pm

9:30am FREE Yoga Nidra with Maura
(Register at the front desk for this class.)
10:00am Cycle with Maggie
10:30am Tabata with Loni
11:30am Abs with Loni

Thursday, January 2nd

Center Hours 5am-10pm

7:30am 30m *Work It Circuit with Ben
8:10am Aqua Fit with Sandra
9:15am Aqua Fit with Sandra
9:15am Gentle Flex with Dawn
10:15am H2Overload with Sandy
10:30am Body Works with Dawn
11:15am H2Overload with Sandy
11:15am Group Active with Charmaine
12:15pm Cycle with Nicole
12:30pm Zumba with Maria
5:30pm Aqua Fit with Mary Lynn
6:00pm Cycling with Stephanie
6:30pm Pool Volleyball with Mary Lynn

Friday, January 3rd

Center Hours 5am-10pm

*Cycling Studio Closed today for
New Door Installation*
8:10am Aqua Fit with Sharon

Friday, January 3rd continued...

8:15am Yin Yang Yoga with Christina
9:15am Aqua Fit with Sharon
9:30am Qi Gong with Tom
10:45am Pilates + with Delia
10:45am *Body Works with Nicole
4:30pm Group Core with Larry
5:00pm Group Power with Larry
6:15pm *Work It Circuit with Oscar

Saturday, January 4th

Center Hours 7am-5pm

7:30am Zumba Fitness with Maria
7:30am Aquata Tabata with Terry
8:30am Aqua Fit with Terry
8:30am Triple Threat with Morgan
9:15am Cycle Training with Maggie
9:35am Group Power with Morgan
11:00am Yoga with Tom
12:00pm Tai Chi with Tom

Sunday, January 5th

Center Hours 7am -5pm

10:15am Cycling with Maggie
10:30am Mindful Hatha Flow with Ailin

() highlights classes held on the
Basketball Court*