Longview Community Center

Group Exercise Schedule - October 1st - October 31st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00am Nikki HIIT	8:00am Amber Rev + Flow	8:00am Nikki SET	8:00am Laura Core Fusion	8:00am Nikki Bootcamp	7:30am Lynette Power Yoga
10:00am Lori Zumba	9:00am Teera Aqua Fit	9:00am Pam Cycle	9:00am July Aqua Fit	10:00am Laura Fit Fusion	9:00am Cheryl HIIT
6:00pm Rob Cycle	10:00am Lindsey Yoga Level 2	10:00am Lori SilverSneakers Classic	10:00am Lindsey Yoga		10:00am Christa Aqua Zumba
	6:00pm Gulshan Zumba	6:00pm Cheryl HIIT	6:00pm Jamie Zumba		11:00am July Zumba

Special Instruction:

- Land classes will be held in the gymnasium, cycle classes will be held in the group ex room
- Class participation limits : Gym classes = 45 participants, Aqua classes = 20 participants, Cycle classes = 12 participants
- Call 816-969-1520 in advance to guarantee your spot in class while space is available.
- Classes are 50 minutes.
- Classes may be modified for all fitness levels.
- Please bring a bottle of water and your own mat if needed.
- We reserve the right to cancel or change classes without notice. We apologize for any inconvenience if this occurs

RevUp
Fitness Matters. Wellness Works.

- 6 weeks!
- Small group training!
- Nutrition counseling!
- The accountability you need!
- The success you deserve!
- LONGVIEW OR LOVELL COMMUNITY CENTERS

Ask us for more information!