



Group Ex Studio @ Bowen Wellness Center  
December 14th - December 20th

1901 Tate Springs Rd  
Lynchburg, VA 24502  
(434) 200-7097

	SAT 14	SUN 15	MON 16	TUE 17	WED 18	THU 19	FRI 20
12pm			<b>P90X LIVE</b> Jill Bryant 12pm - 12:30pm	<b>BODYPUMP</b> Brittany Crawley 12:10pm - 12:40pm	<b>Circuit Craze</b> Andrea Neiman 12pm - 12:30pm	<b>Vinyasa (Flow) Yoga</b> Steve Simpson 12pm - 12:30pm	
4pm			<b>Vinyasa (Flow) Yoga</b> Christine Euhus 4:30pm - 5:15pm				
5pm			<b>Barre Fusion</b> Andrea Neiman 5:30pm - 6:15pm	<b>Core And More</b> Jennifer Bohanan 5pm - 6pm	<b>20/20/20</b> Stacy Dees 5pm - 6pm		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.