

Express January 25th - January 31st

3408 Old Forest Rd LYNCHBURG, VA 24501 (434) 455-5996

	TUE 25	WED 26	THU 27	FRI 28	SAT 29	SUN 30	MON 31
9am			Functional Fitness Group Fitness Studio Steve Euhus 9:30am - 10:15am		Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am		
l0am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Deep Stretch Mind & Body Studio Jen Newell 10:45am - 11:45am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Power Lite Yoga Mind & Body Studio Jen Newell 10:45am - 11:45am	Yoga for Flexibility Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		
2pm		Yoga for Athletes Mind & Body Studio Jen Newell 12pm - 1pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm				
5pm	Vinyasa Mind & Body Studio Bethany Federico 5pm - 6pm	Evening Yoga Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm					Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm
6pm			Evening Yoga Mind & Body Studio Stacy Dees 6pm - 7pm				

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.