



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	Chair/ Cross Training Lite Group Fitness Studio Mary Taylor 9:30am - 10:15am	Barre Group Fitness Studio Molly Shafer 9am - 9:50am	Functional Fitness Group Fitness Studio Steve Euhus 9:30am - 10:15am		Extreme Fit Group Fitness Studio Shelly Childress 9am - 9:45am		Barre Group Fitness Studio Molly Shafer 9am - 9:50am
					Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am		
10am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Gentle Yoga Mind & Body Studio Jen Newell 10:45am - 11:45am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Gentle Yoga Mind & Body Studio Jen Newell 10:45am - 11:45am	Yoga for Flexibility Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		
12pm		Yoga for Athletes Mind & Body Studio Jen Newell 12pm - 1pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm				
5pm	Power Yoga Mind & Body Studio Jen Newell 5:30pm - 6:30pm						REFIT Group Fitness Studio Becky Born 5:45pm - 6:30pm
6pm		Evening Yoga Mind & Body Studio Marinda Hamilton 6pm - 7pm	Power Yoga Mind & Body Studio Stacy Dees 6pm - 7pm				Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 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.