



Express  
November 30th - December 6th

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

	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
5am			<b>Barre</b> Group Fitness Studio Molly Shafer 5:45am - 6:45am				
9am	<b>Mat Pilates</b> Mind & Body Studio Lucy Hathaway 9am - 10am	<b>Ball Yoga</b> Mind & Body Studio Marinda Hamilton 9am - 10am	<b>Saturday Stretch</b> Mind & Body Studio Marinda Hamilton 9am - 10am	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am	<b>Ball Yoga</b> Mind & Body Studio Marinda Hamilton 9am - 10am	<b>Chair/ Cross Training Lite</b> Group Fitness Studio Mary Taylor 9:30am - 10:15am	<b>Ball Yoga</b> Mind & Body Studio Marinda Hamilton 9am - 10am
	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am		<b>Barre</b> Group Fitness Studio Denise Doyle 9am - 9:50am	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am	<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am
					<b>REGYMEN</b> Strength Unleashed Staff 9:30am - 10:30am		
10am	<b>Slow Flow Yoga</b> Mind & Body Studio Christine Euhus 10:30am - 11:30am	<b>Power Lite Yoga</b> Mind & Body Studio Jen Newell 10:45am - 11:45am	<b>Yoga for Flexibility</b> Mind & Body Studio Marinda Hamilton 10:15am - 11:15am		<b>Gentle Yoga</b> Mind & Body Studio Christine Euhus 10:45am - 11:45am	<b>Slow Flow Yoga</b> Mind & Body Studio Christine Euhus 10:30am - 11:30am	<b>Barre</b> Group Fitness Studio Jess Ayers 10am - 11am
							<b>Deep Stretch</b> Mind & Body Studio Jen Newell 10:45am - 11:45am
11am			<b>Hot Yoga</b> Mind & Body Studio Marinda Hamilton 11:30am - 12:30pm				
12pm		<b>TRX</b> Group Fitness Studio Jen Newell 12pm - 12:45pm	<b>Hot Yoga</b> Mind & Body Studio Marinda Hamilton 12:45pm - 1:45pm				<b>TRX</b> Group Fitness Studio Jen Newell 12pm - 12:45pm
4pm							<b>Ball Yoga</b> Mind & Body Studio Marinda Hamilton 4:30pm - 5:30pm
5pm		<b>Vinyasa</b> Mind & Body Studio Bethany Federico 5:20pm - 6:20pm			<b>Sweat, Flow, and Glow</b> Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm	<b>BODYBALANCE</b> Mind & Body Studio Deidre Douglas 5:45pm - 6:30pm	<b>Evening Yoga</b> Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm
							<b>BODYSTEP 45 mins</b> Group Fitness Studio Deidre Douglas 5:45pm - 6:30pm
6pm	<b>Evening Yoga</b> 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.