



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	REGYMEN REGYMEN Staff 5:30am - 6:30am	REGYMEN REGYMEN Staff 5:30am - 6:30am			REGYMEN REGYMEN Staff 5:30am - 6:30am	REGYMEN REGYMEN Staff 5:30am - 6:30am	REGYMEN REGYMEN Staff 5:30am - 6:30am
		Barre Group Fitness Studio Molly Shafer 5:45am - 6:45am					
8am		REGYMEN REGYMEN Staff 8:30am - 9:30am			REGYMEN REGYMEN Staff 8:30am - 9:30am		REGYMEN REGYMEN Staff 8:30am - 9:30am
9am	REGYMEN REGYMEN Staff 9am - 10am	Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am		Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	REGYMEN REGYMEN Staff 9am - 10am	Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am
	Mat Pilates Mind & Body Studio Lucy Hathaway 9am - 10am	REGYMEN REGYMEN Staff 9:45am - 10:45am	REGYMEN REGYMEN Staff 9:30am - 10:30am		Barre Group Fitness Studio Denise Doyle 9am - 9:50am	Chair/ Cross Training Lite Group Fitness Studio Mary Taylor 9:30am - 10:15am	REGYMEN REGYMEN Staff 9:45am - 10:45am
	Cross Training Lite Group Fitness Studio Dawn Sutherland 9:30am - 10:15am				REGYMEN REGYMEN Staff 9:45am - 10:45am		
10am	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		Gentle Yoga Mind & Body Studio Christine Euhus 10:45am - 11:45am	Slow Flow Yoga Mind & Body Studio Christine Euhus 10:30am - 11:30am	Barre Group Fitness Studio Jess Ayers 10am - 11am
							Deep Stretch Mind & Body Studio Jen Newell 10:45am - 11:45am
11am			Hot Yoga Mind & Body Studio Marinda Hamilton 11:30am - 12:30pm				
12pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm	REGYMEN REGYMEN Staff 12pm - 1pm	Hot Yoga Mind & Body Studio Marinda Hamilton 12:45pm - 1:45pm		REGYMEN REGYMEN Staff 12pm - 1pm		TRX Group Fitness Studio Jen Newell 12pm - 12:45pm
		TRX Group Fitness Studio Jen Newell 12pm - 12:45pm					REGYMEN REGYMEN Staff 12pm - 1pm
4pm	REGYMEN REGYMEN Staff 4:15pm - 5:15pm				REGYMEN REGYMEN Staff 4:15pm - 5:15pm	REGYMEN REGYMEN Staff 4:15pm - 5:15pm	REGYMEN REGYMEN Staff 4:15pm - 5:15pm
							Ball Yoga Mind & Body Studio Marinda Hamilton 4:30pm - 5:30pm

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.



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	THU 30	FRI 1	SAT 2	SUN 3	MON 4	TUE 5	WED 6
5pm	REGYMEN REGYMEN Staff 5:30pm - 6:30pm	Vinyasa Mind & Body Studio Bethany Federico 5:20pm - 6:20pm			REGYMEN REGYMEN Staff 5:30pm - 6:30pm	REGYMEN REGYMEN Staff 5:30pm - 6:30pm	REGYMEN REGYMEN Staff 5:30pm - 6:30pm
					Sweat, Flow, and Glow Mind & Body Studio Marisa Freeman 5:45pm - 6:45pm	BODYBALANCE 45 mins Mind & Body Studio Deidre Douglas 5:45pm - 6:30pm	Evening Yoga Mind & Body Studio Marinda Hamilton 5:45pm - 6:45pm
							BODYSTEP 45 mins Group Fitness Studio Deidre Douglas 5:45pm - 6:30pm
6pm	Evening Yoga Mind & Body Studio Stacy Dees 6pm - 7pm						

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