



Express

December 4th - December 10th

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

	SUN 4	MON 5	TUE 6	WED 7	THU 8	FRI 9	SAT 10
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	
8am		REGYMEN REGYMEN Staff 8:30am - 9:30am		REGYMEN REGYMEN Staff 8:30am - 9:30am		REGYMEN REGYMEN Staff 8:30am - 9:30am	
9am		Ball Yoga Mind & Body Studio Marinda Hamilton 9am - 10am	REGYMEN REGYMEN Staff 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	Saturday Stretch Mind & Body Studio Marinda Hamilton 9am - 10am
		Barre Group Fitness Studio Denise Doyle 9am - 9:50am		REGYMEN REGYMEN Staff 9:45am - 10:45am	Functional Fitness Group Fitness Studio Steve Euhus 9:30am - 10:15am	REGYMEN REGYMEN Staff 9:45am - 10:45am	
		REGYMEN REGYMEN Staff 9:45am - 10:45am					
10am		Gentle Yoga Mind & Body Studio Christine Euhus 10:45am - 11:45am	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
12pm		TRX Group Fitness Studio Terry Brame 12pm - 12:45pm		Yoga for Athletes Mind & Body Studio Jen Newell 12pm - 1pm	YIN Yoga Mind & Body Studio Leesa Williams 12pm - 1pm		
				TRX Group Fitness Studio Jen Newell 12pm - 12:45pm			
4pm			TRX Group Fitness Studio Jen Newell 4:30pm - 5:15pm	Ball Yoga Mind & Body Studio Marinda Hamilton 4:30pm - 5:30pm			
5pm		REGYMEN REGYMEN Staff 5:30pm - 6:30pm	Vinyasa Mind & Body Studio Bethany Federico 5pm - 6pm	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	REGYMEN REGYMEN Staff 5:30pm - 6:30pm	Evening Yoga Mind & Body Studio Marinda Hamilton 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.