



# LTHA FITNESS CENTER CLASSROOM SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Step Aerobics 8:00-8:45</b>	<b>Zumba 8:30-9:30</b>	<b>Step Aerobics 8:00 - 9:00</b>	<b>Tai Chi 9:15-10:00</b>	<b>Zumba 8:30 - 9:30</b>
	<b>Leslie Sansone Walk and stretch 10:30 A.M.</b>	<b>Chair Yoga/ alternate Senior chair 9:00 - 10:00</b>	<b>Line Dance 10:00-11:00</b>		<b>Leslie Sansone Walk and stretch 10:30 A.M.</b>	
						

Schedule is subject to change. If you want to schedule a DVD class contact Diane Blais  
updated 10/26/2023