

CLLC Fitness Schedule September 4 - December 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Deep Aquafit 8:30am-9:30am *no class September 6		Deep Aquafit 8:30am-9:30am *no class September 8	Pilates 9:00am-10:00am ***New***	
Fusion 9:45am-10:45am	LIIT 9:30am-10:30am **New** Starting November 7	Fusion 9:45am-10:45am	Athletic Step 9:30am-10:30am	Total Body Fit 10:00am-11:00am	Pilates 10:15am-11:30am ***New***	
Strength and Balance 11:00am- 12:00pm	Core and Stretch 10:45am-11:30am **New** Starting November 7	Strength and Balance 11:00am- 12:00pm		Hatha Yoga 11:15am-12:15pm *No class September 1		
			Deep Aquafit 1:00pm-2:00pm			
	Gentle Hatha Yoga 5:30pm-6:30pm	Gentle Hatha Yoga 6:00pm-7:00pm				** No classes September 4, 30, October 9, November 11.

Childminding is available for ages 18 months to 5 years.
 Wednesdays 5:30pm - 7:30pm
 Fridays 9:30-11:30am
 Saturdays 8:00am - 10:00am

This schedule is subject to change.
 For the most up to date schedule information follow us
 on Facebook and Instagram

