



Group Fitness Schedule

Effective 1/4/2021

Online class reservation system available. Go to www.myiclubonline.com, the La Vita website or the La Vita app. See member services for more information. We ask members to sign up for (1) class per day. If there is room in a second class, walk-ins are accepted for the second class on the same day.

Virtual classes and La Vita Instructor recorded classes are also available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Slow Flow Yoga 7:30am-8:15am Amanda
Aqua Wave 8:30am-9:15am Angel/Jessie Therapy Pool		Aqua Wave 8:30am-9:15am Amy Therapy Pool		NEW Aqua Wave 8:30am-9:15am Amy Therapy Pool	Aqua Wave Express 8:30am-9:00am Amy Therapy Pool
TRX® 8:30-9:00am John	Tone & Stretch 8:30-9:15am Danielle	NEW TIME TRX® 8:30-9:00am John	Tone & Stretch 8:30-9:15am Danielle	Zumba Gold 8:30-9:00am Kari	
NEW TIME BODYPUMP™ Express 9:30-10:00am Danielle	Slow Flow Yoga 9:30am-10:15am Demi	NEW Strength & Balance 9:30am-10:15am Amy	Slow Flow Yoga 9:30am-10:15am Demi	Balanced Flow 9:15-10:00am Kari	Total Body/Balanced Ball 9:15am-10:00am Amy
		Therapeutic Yoga 10:30am-11:15am Rachel		NEW Aqua Flow *begins 1/22 9:30am-10:00am Amy Therapy Pool	Aqua Wave 10:15am-11:00am Amy Therapy Pool
Slow Flow Yoga 4:30-5:15pm Rachel	HITT Cycling 4:45-5:15pm Joli		HITT Cycling 4:45-5:15pm Joli		
BODYPUMP™ 5:30-6:15pm Joli	Barre 5:30-6:15pm Joli	BODYPUMP™ 5:30-6:15pm Demi	YinYasa 5:30-6:15pm Joli		
	Aqua Wave 5:30-6:15pm Danielle Therapy Pool				

La Vita Hours: Monday-Friday 5:00am-8:00pm, Saturday 7:00am-12:00pm

Pool Hours: Monday - Friday 5:00am-12:00pm and 1:00-7:00pm, Saturday 7:00am - 11:00am

Classes are free for members ages 12+. Members ages 12-13 may attend a class with a parent (with the exception of BODYPUMP™).

Classes run continuously, but are subject to change as needed. Please see our online schedules at www.dshlavita.com or App.

To contact La Vita, email lavitafitness@dshealthcare.com or call 608-745-3800.