



# Group Fitness Schedule

Effective 9/7/2021

Online class reservation system available. Go to [www.myiclubonline.com](http://www.myiclubonline.com), the La Vita website or the La Vita app. See member services for more information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>HIIT TRX®</b> 6:00-6:30am Demi		
<b>Tone &amp; Stretch</b> 8:00-8:45am Danielle		<b>Tone &amp; Stretch</b> 8:00-8:45am Danielle			
<b>Aqua Wave</b> 8:30am-9:15am Angel/Amy	<b>ZUMBA® Gold</b> 8:30-9:00am Kari	<b>Aqua Wave</b> 8:30am-9:15am Angel	<b>ZUMBA® Gold</b> 8:30-9:15am Kari (starting 9/16)	<b>Aqua Wave</b> 8:30am-9:15am Amy	<b>Aqua Wave</b> 8:30am-9:15am Amy
<b>TRX®</b> 9:00-9:30am John		<b>TRX®</b> 9:00-9:30am John			
	<b>Balanced Flow</b> 9:15-10:00am Kari	<b>Aqua Flow</b> 9:20am-10:00am Amy		<b>Aqua Flow</b> 9:20am-10:00am Amy	<b>Total Body/ Balanced Ball</b> 9:30am-10:15am Amy
<b>BODYPUMP™ Express</b> 9:45-10:15am Danielle					
<b>Slow Flow Yoga</b> 9:45am-10:30am Demi (Rm 7)		<b>Ab Attack</b> 9:45-10:05am Danielle		<b>Slow Flow Yoga</b> 9:45am-10:30am Demi (Rm 7)	
		<b>Strength &amp; Balance</b> 10:15am-11:00am Amy			
<b>Aerial Yoga Flow (\$)</b> 4:30-5:15pm Demi					
<b>ZUMBA®</b> 4:30-5:15pm Emily	<b>HIIT Cycling</b> 4:45-5:15pm Joli	<b>ZUMBA®</b> 4:30-5:15pm Emily	<b>HIIT Cycling</b> 4:45-5:15pm Joli		
<b>BODYPUMP™</b> 5:30-6:15pm Joli	<b>Barre</b> 5:30-6:15pm Joli	<b>BODYPUMP™</b> 5:30-6:15pm Demi	<b>Yinyasa</b> 5:30-6:15pm Joli		
	<b>TRX®</b> 5:30-6:15pm Doug (Rm 7)				
	<b>Aqua Wave</b> 5:30-6:15pm Danielle				
<b>TRX®</b> 6:30-7:15pm Doug					

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

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

Classes are free for members ages 12+ unless noted with (\$). 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](http://www.dshlavita.com) or App.

To contact La Vita, email [lavitafitness@aspirus.org](mailto:lavitafitness@aspirus.org) or call 608-745-3800.