

Winter Schedule 2024

CONNECT Fit

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM TOTAL BODY CONDITIONING Terre	7:00 AM SPIN & STRENGTH June	6:00 AM BODY PUMP Terre	7:00 AM SPIN & NUTRITION June	6:00 AM 20/20/20 CARDIO SCULPT-YOGA Terre
8:00am MOVEMENT & MODIFICATION Dr. Mel		8:00am MOVEMENT & MODIFICATION Dr. Mel	Saturday	
12:00 PM YOGA FLOW Megan		12:00 PM BARRE Megan	8:00 AM SPIN Terre/Wanda/June	

Register online
ltcccconnect.com