


September 2010 Group Exercise Schedule



Beginning MVe
This 4-Week Series is offered on Tuesdays & Thursdays at 9:30 a.m. from September 7 - 30. Pre-registration is required and taken in the Customer service office. Cost is \$40.00 per member and space is limited. For more information call 624-3450.

| Time | Room | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|------|-------------------------|--------------------------|-------------------------|-------------------------|----------------|
| 5:30 a.m. | A | F. I. T. | Body Bar Challenge | F. I. T. | Body Bar Challenge | <i>Zumba</i> |
| | B | Spinning | Spin - N - Core | Spinning | Spin - N - Core | Spin Circuit |
| 6:30 a.m. | A | Senior Fitness | | Senior Fitness | | Senior Fitness |
| | B | | | | | |
| 7:00 a.m. | A | | <i>Yoga *</i> | | <i>Yoga *</i> | |
| 8:30 a.m. | A | Step | F. I. T. | Circuit Step | F. I. T. | <i>Zumba</i> |
| | B | | | | | |
| 9:30 a.m. | A | Low Impact | Beginning CWLD | Low Impact | Beginning CWLD | Low Impact |
| | B | Maternity-N-Motion | <i>Beginning MVe*</i> | Maternity-N-Motion | <i>Beginning MVe*</i> | Spin Circuit |
| 10:30 a.m. | A | Senior Fitness | <i>Osteo - Pilates *</i> | Senior Fitness | <i>Pilates Mat *</i> | Senior Fitness |
| | B | Breathing Easy | | Breathing Easy | | Breathing Easy |
| 11:00 a.m. | A | | | | | |
| | B | | Sit-N-Be Fit | | Sit-N-Be Fit | |
| 11:30 a.m. | A | | Intro / Adv CWLD | | Intro / Adv CWLD | |
| | B | | | | | |
| 12:00 p.m. | A | <i>Beginning Yoga *</i> | | <i>Beginning Yoga *</i> | | |
| | B | | 12:15 p.m. Spinning | Steady Steps | 12:15 p.m. Spin Circuit | |
| 2:00 p.m. | A | Healthy Heart | | Healthy Heart | | Healthy Heart |
| | B | | | | | |
| 4:00 p.m. | A | | | | | |
| | B | | | | | |
| 4:30 p.m. | A | Low Impact | TLC Kidz Klub | Low Impact | TLC Kidz Klub | Low Impact |
| | B | Spin Circuit | Spinning | Spin Circuit | Spinning | |
| 5:30 p.m. | A | <i>Zumba</i> | F. I. T | <i>Zumba</i> | Body Bar Challenge | <i>Zumba</i> |
| | B | Box - N - Kick | Body Bar Challenge | Box - N - Kick | Kids Karate | Spinning |
| 6:30 p.m. | A | <i>MVe*</i> | Pilates* | <i>MVe*</i> | Pilates* | |
| | B | Spinning | Beginning Karate | Spinning | Beginning Karate | |
| 7:30 p.m. | A | <i>Yoga *</i> | Arms/Legs/Core | <i>Yoga *</i> | Arms/Legs/Core | |
| | B | Tai Chi | Advanced Karate | | Advanced Karate | |

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THE OFFICIAL SPONSOR OF BIRTHDAYS: 

**American Cancer Society's
21st Annual RELAY FOR LIFE
September 11-12, 2010**

Teams and volunteers are preparing for Visalia's largest 24-hour team event. The 2010 American Cancer Society's RELAY FOR LIFE will take place at 8:30 a.m. Saturday, September 11 through 9:00 a.m. Sunday, September 12 at the College of the Sequoias located at 915 S. Mooney Blvd. If you would like to join The Lifestyle Center's team or place a monetary donation please ask any staff member for more information. Show your support this year and JOIN OUR TEAM!

All proceeds benefit the American Cancer Society.

* For your safety, you will not be permitted to participate in Yoga or Pilates if more than 5 minutes late for class. You must be pre-registered to participate in the MVe series.