

**We are improving the floor in the Main Studio starting
Tuesday, August 21st – Thursday, August 23rd.
During this time some classes will either be
cancelled, moved and/or modified.**

Monday, August 20th-

4:30pm Yoga Sculpt – **CANCELLED**

6:00pm Zumba - **Banquet Room**

Tuesday, August 21st –

5:30am Body Pump - **CANCELLED**

8:00am Core Conditioning - **Track**

8:30am HIIT Training - **Track**

9:05am Just Dance – **Banquet Room**

10:15am Body Pump = **CANCELLED**

11:30am Strength & Balance – **Banquet Room**

4:30pm Total Body Cond – **Banquet Room**

5:30pm Barre Class – **Banquet Room**

6:30pm Body Pump Express – **CANCELLED**

Wednesday, August 22nd –

6:00am Bootcamp – **Track**

8:00am Circuits – **Track**

9:00am Core Cond – **Banquet Room**

9:30am Simply Strength – **Banquet Room**

10:30am Foam Rolling – **Banquet Room**

11:30am Heart Plus – **Banquet Room**

5:15pm Power Yoga – **CANCELLED**

Thursday, August 23rd –

5:30am Body Pump – **CANCELLED**

8:00am Core Conditioning – **Track**

8:30am Shockwave – **Track**

9:30am Barre Bootcamp – **MIND-BODY Studio**

9:30am Pilates + Equipment – **OUTSIDE (Power walk)**

10:30am Body pump - **CANCELLED**

12:00pm Strength and balance – **TIME CHANGE TO 12:15 in Banquet Room**

1:15pm Tai Chi – **Banquet Room**

4:30pm Sculpt + Core - **Banquet Room**

**We apologize for any inconvenience
and thank you for your patience!**



Lake Forest
Health & Fitness Center