


Live Group Exercise Schedule

Natalie Neill's Class
No Yoga Class for the Month of
January

Visit www.lottfitnesscenter.com for instructor bio's and class descriptions!

January 2018

Mon	Tue	Wed	Thu	Fri
	2	3	4	5
	Silver & Fit: Gentle 10a - 10:45a	Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p	Silver and Fit 10a - 10:45a
8	9	10	11	12
Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a	Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p Body Comp Day! Fit Tips Class 5:30pm	Silver and Fit 10a - 10:45a
15	16	17	18	19
Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a	Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p	Silver and Fit 10a - 10:45a
22	23	24	25	26
Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a	Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	Cross Training 5:45p - 6:30p Silver and Fit: Class led Body Comp Day!	Silver and Fit 10a - 10:45a
29	30	31	1	2
Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a	Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p	Silver and Fit 10a - 10:45a

New year, new mindset, new intentions, new results!

Can't Make A Class? Try Fitness On Demand!



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