



# Live Group Exercise Schedule

**Stephanie's Class**  
 Class Led:  
 02/01/18 & 02/26/18

Visit [www.lottfitnesscenter.com](http://www.lottfitnesscenter.com) for instructor bio's and class descriptions!

February 2018



Mon	Tue	Wed	Thu	Fri
29 Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	30 Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p	31 Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	1 Cross Training 5:45p - 6:30p <b>Silver and Fit: Class led</b>	2 Silver and Fit 10a - 10:45a
5 Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	6 Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p	7 Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	8 Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p <b>Body Comp Day! Fit Tips Class 5:30pm</b>	9 Silver and Fit 10a - 10:45a
12 Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	13 Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p	14 Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p <i>Valentine's Day</i>	15 Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p	16 Silver and Fit 10a - 10:45a
19 Silver and Fit 10a - 10:45a Cross Training 5:45p - 6:30p	20 Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p	21 Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	22 Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p <b>Body Comp Day!</b>	23 Silver and Fit 10a - 10:45a
26 Cross Training 5:45p - 6:30p <b>Silver &amp; Fit Gentle: Class led</b>	27 Silver & Fit: Gentle 10a - 10:45a Yoga 5:45p - 6:30p	28 Silver and Fit 10a - 10:45a SWAT Circuit 5:45p - 6:30p	1 Silver & Fit: Gentle 10a - 10:45a Cross Training 5:45p - 6:30p	2 Silver and Fit 10a - 10:45a

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

**LOTT** PHYSICAL THERAPY & FITNESS CENTER



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