

# LMH WELLNESS WORKOUT CLASSES

JOIN NOW

<u><b>Mondays</b></u>	<u><b>Tuesdays</b></u>	<u><b>Wednesdays</b></u>	<u><b>Thursdays</b></u>
<u><b>5:10 am</b></u> Hybrid Workout	<u><b>5:10 am</b></u> Hybrid Workout	<u><b>5:10 am</b></u> Hybrid Workout	<u><b>5:10 am</b></u> Hybrid Workout
	<u><b>10:30 am</b></u> Chair Yoga	<u><b>10:00 am</b></u> Agua Zumba (in the pool)	<u><b>10:30 am</b></u> Chair Yoga
<u><b>5:30 pm</b></u> Strength & Stretch Workout	<u><b>5:30 pm</b></u> Zumba Workout	<u><b>5:30 pm</b></u> Strength & Stretch Workout	<u><b>5:30 pm</b></u> Strength & Stretch Workout