

LMH WELLNESS WORKOUT CLASSES

JOIN NOW

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>
<u>5:10 am</u> Hybrid Workout	<u>5:10 am</u> Hybrid Workout	<u>5:10 am</u> Hybrid Workout	<u>5:10 am</u> Hybrid Workout	
	<u>10:30 am</u> Chair Yoga		<u>10:30 am</u> Chair Yoga	<u>7:30am</u> Strength & Stretch Workout
<u>4:30 pm</u> Walking 1-mile Workout (indoor class)	<u>4:30 pm</u> Walking 1-mile Workout (indoor class)	<u>4:30 pm</u> Walking 1-mile Workout (indoor class)	<u>4:30 pm</u> Walking 1-mile Workout (indoor class)	
<u>5:30 pm</u> Strength & Stretch Workout	<u>5:30 pm</u> Walking 2-mile Workout (indoor class)	<u>5:30 pm</u> Strength & Stretch Workout	<u>5:30 pm</u> Strength & Stretch Workout	