

# Exercise & Yoga Classes

## Wellness Center at Lafayette General

Designed to promote the health & fitness levels of men and women of all ages, these classes have something for everyone.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 a.m. Yoga Level I		6 a.m. Yoga Level I	6 a.m. Yoga Level I	
	7 a.m. Yoga Level I	7 a.m. Yoga Level I	7 a.m. Yoga Level I	7 a.m. Yoga Level I	
9 a.m. Step I	9 a.m. Yoga Level II	9 a.m. Yoga Level I 9 a.m. Step I	9 a.m. Yoga Level II	9 a.m. Step I	9 a.m. Yoga Level I
12 p.m. Lunch Crunch	12 p.m. Lunch Crunch 12 p.m. Yoga Level I	12 p.m. Lunch Crunch	12 p.m. Yoga Level I 12 p.m. Lunch Crunch		
4:30 p.m. Cardio Variety 5:30 p.m. Yoga Level I	4:30 p.m. Cardio + 5:30 p.m. Zumba	4:30 p.m. Weight Circuit 5:30 p.m. Yoga Level I	4:30 p.m. Cardio + 5:30 p.m. Zumba		

Yoga classes are held in the yoga classroom of the Wellness Center and are 1 hour with the exception of the noon class which is 45-50 minutes.

Monday - Thursday: 5 a.m. - 7:30 p.m.

Friday: 5 a.m. - 6 p.m.

Saturday: 7 a.m. - 1 p.m.