



# January Online Fitness Schedule

Step 1: Find the class you want to take  
 Step 2: Click the class logo  
 Step 3: Join Zoom call

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15AM		<b>LES MILLS BODYPUMP</b> Robin		<b>LES MILLS BODYPUMP</b> Robin		<b>LIIT For Seniors</b> Sarah
8:15AM				<b>LIIT For Seniors</b> Sarah		
9:00AM					<b>LES MILLS CXWORX</b> Madison	
9:00AM				<b>LES MILLS CXWORX</b> Robin	<b>Yoga</b> Cindy	
9:10AM			<b>MAT PILATES</b> Ginny		<b>MAT PILATES</b> Ginny	
9:15AM		<b>LES MILLS CXWORX</b> Robin				
9:30AM			<b>DANCE Fitness GOLD</b> Lillian	<b>VINYASA BLEND</b> Ashley	<b>DANCE Fitness GOLD</b> Lillian	
10:15AM		<b>LES MILLS BODYFLOW</b> Nan				<b>LES MILLS BODYFLOW</b> Nan
10:30AM					<b>LIIT For Seniors</b> Sarah	
12:00PM					<b>Yoga</b> Cindy	
3:30PM	<b>LES MILLS BODYFLOW</b> Nan					
4:00PM			<b>LES MILLS BODYFLOW</b> Nan			
4:30PM					<b>LES MILLS BODYSTEP</b> Katie	
5:00PM					<b>LES MILLS BODYFLOW</b> Nan	
5:30PM				<b>DANCE Fitness</b> Lillian	<b>CARDIO KICK</b> Lillian	

We are proud to offer our virtual group fitness classes to both LICC members as well as community members both in Birmingham and beyond. We hope you enjoy our fitness program. For our members these virtual group fitness classes are included in their membership. For those who are not members, if you wish to contribute to the LICC please do so by clicking the link below. Select "2020 State of Emergency" from the campaign drop down.

[Donate Here](#)