


Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>LFZ Hours: Mon., Tues., Wed. & Thurs. 5:30am -1pm 3:00pm-7:00p Fri.: 5:30am - 1:00p Sat.: 7:30am - 11:00a</p>	<p>LOOK New Class ></p> 	<p>Starting Family/Co-Ed Hot Yoga 6pm Sunday. \$5 for each friend/family member. Check calendar will not be every Sun.</p>	<p>6:00am E-Angela 9:00am J*- Janet 10:00am PYE-Janet 4:30pm Y-Becca 5:35pm JLI-Jan</p>	<p>6:00am PE- Janet 9:00am J*-Michelle 3:50pm PFS-Roni 4:30pm J*-Moe 5:35pm J-Moe 6:45pm HY- Daphne</p>	<p>6:00am E-Janet 9:00am J*- Teri 10:00am Y- NO CLASS</p>	<p>8:00am BS-Jan 9:00am J-Moe 10:05am Y-Nancy</p>
5	6:00am E -Teri 9:00am J* -Janet 10:00am PE - Janet 3:45pm P -Roni 4:30pm J* -Janet 5:35pm BS -Jan	6:00am PE -Janet 9:00am J* -Teri 4:30pm J* -Janet 5:35pm J -Moe 6:45pm HY - Janet	6:00am E -Angela 9:00am J* - Janet 10:00am PYE -Janet 4:30pm Y -Becca 5:35pm JLI -Jan	6:00am PE -Janet 9:00am J* -Michelle 3:50pm PFS -Roni 4:30pm J* -Angela 5:35pm J -Moe 6:45pm HY - Daphne	6:00am E -Teri 9:00am J* - Janet 10:00am Y - Janet	8:00am BS -Moe 9:00am J -Moe 10:05am Y -Nancy
12	6:00am E -Teri 9:00am J* -Janet 10:00am PE - Janet 3:45pm P -Roni 4:30pm J* -Janet 5:35pm BS -Jan	6:00am PE - Janet 9:00am J* -Michelle 4:30pm J* -Jan 5:35pm J -Moe 6:45pm HY - Nancy Sweetie Day!	6:00am E -Angela 9:00am J* -Janet 10:00am PYE - Janet 4:30pm Y -Becca 5:35pm JLI -Jan	6:00am PE - Janet 9:00am J* -Michelle 3:50pm PFS -Roni 4:30pm J* -Angela 5:35pm J -Moe 6:45pm HY - Daphne	6:00am E -Teri 9:00am J* -Janet 10:00am Y - Janet	8:00am BS -Jan 9:00am J -Moe 10:05am Y -Nancy
19	6:00am E -Teri 9:00am J* -Janet 10:00am PE - Janet 3:45pm P -No CLASS 4:30pm J* -Janet 5:35pm BS - Jan	6:00am PE -Janet 9:00am J* -Michelle 4:30pm J* -Michelle 5:35pm J -Moe 6:45pm HY - Nancy	6:00am E -Angela 9:00am J* -Janet 10:00am PYE - Janet 4:30pm Y -Becca 5:35pm JLI -Jan	6:00am PE - Janet 9:00am J* -Michelle 3:50pm PFS -NO CLASS 4:30pm J* -Michelle 5:35pm J -Moe 6:45pm HY - Daphne	6:00am E -Teri 9:00am J* -Janet 10:00am Y - Janet	8:00am BS -Jan 9:00am J -Moe 10:05am Y - Nancy
26	6:00am E -Teri 9:00am J* -Janet 10:00am PE - Janet 3:45pm P -Roni 4:30pm J* -Janet 5:35pm BS -Jan	6:00am PE -Janet 9:00am J* -Michelle 4:30pm J* -Michelle 5:35pm J -Moe 6:45pm HY - Janet	6:00am E -Angela 9:00am J* -Janet 10:00am PYE - Janet 4:30pm Y -Becca 5:35pm JLI -Jan	Bring your sweetie on Valentines Day to any Class FREE! Can be child or your Honey!	Food Drive for the month of February. Clean out your cupboards!	Please put all water bottles in recycle containers not in trash. We are Green!

J=Jazzercise **JLI**=Jazzercise Low Impact **BS**=Body Sculpting **E**=Express (30 Min class) **P**=Pilates **Y**= Yoga **HY**= Hot Yoga **PFS**=Pilates, Flex & Stretch **PY**=Pilates and Yoga Blend

Ladies Fitness Zone, LLC., 717 Michigan Ave. 3rd Fl., La Porte, IN 219-362-9663; 219-608-9956 * = babysitting at \$1.50/ Hour

Web: www.ladiesfitnesszone.com, E-mail: jazz_ee@comcast.net

Certified Instructors: Janet Nevills (owner), Nancy Ainsworth, Michelle Bellis, Becca Conley-Masters, Daphne Craft

Roni Daube, Moe Jablonski, Teri Kessler, Angela Saoud, Jan Skierkowski