

# Lansing Fit Class Schedule

Fall 2019

## **Monday**

5:45 AM Body Pump - Instructor Jane Plessl

8:30 AM Body Pump – Instructor Missy Barlow

4:00 PM Body Pump – Instructor Missy Barlow

## **Wednesday**

5:45 AM Body Pump - Instructor Jane Plessl

8:30 AM Body Pump – Instructor Missy Barlow

4:00 PM Body Pump – Instructor Missy Barlow

## **Thursday**

4:00 PM Body Pump – Instructor Missy Barlow

## **Friday**

5:45 AM Body Pump - Instructor Jane Plessl

8:30 AM Body Pump – Instructor Missy Barlow

\*\*First three classes are free. 10 classes for \$35.00 or pay as you go \$4.00 per class. District employee rate is 10 classes for \$25.00 or pay as you go \$3.00 per class. All classes taught by Les Mills certified instructors who volunteer their time to get everyone fit!

\*\*Classes are held at Lansing Elementary School on the west side of the building in a classroom. Bring a mat if you want your own and water.

**\* Sign-up sheets will be in class or email Jane Plessl at [Jane.Plessl1@gmail.com](mailto:Jane.Plessl1@gmail.com) for more information**