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|  | Music notation with solid fill | **April Wellness Classes** | | | Bunny face outline  **Sign up: Wellness@lsuhsc.edu** |  |
| **Morning** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|  | **Anna**  **6:30am – 7:15 am**  **Indoor Cycling**  **(Spin Room)** |  | **Anna**  **6:30am – 7:15 am**  **Indoor Cycling**  **(Spin Room)** | **On-Demand Video**  7:00am-7:30am  Les Mills Body Combat  (Fitness Room 1) Sign-Up |  |
| **Afternoon** | **On-Demand Video**  12:30pm-1:00pm  Les Mills Dance Cardio  (Large Fitness Room) Sign-Up  **Betty Lo**  **3:00pm-4:30pm**  Power Yoga  (Fitness Room 1)  **Anna**  5:00pm-5:45pm  Indoor Cycling  (Spin Room) | **Ray**  **12:30pm-1:00pm**  **Intro to Pickleball**  **(Large Fitness Room) Sign-up**  **Cristi**  **5:00pm-6:00pm**  **Zumba**  **(Large Group Room)** | **On-Demand Video**  12:30pm-1:00pm  Les Mills Grit HIIT  (Large Fitness Room) Sign-Up  **Emily**  **5:00pm-6:00pm**  **Zumba**  **(large Group Room)**  **Christy**  **5:30pm-6:00pm**  **Mat Pilates**  **Meditation Room**  **Sign-Up**  **(starting 3/19)** | **Ray**  **12:30pm-1:00pm**  **Intro to Pickleball**  **(Large Fitness Room) Sign-up**    **Christy**  **5:30pm-6:00pm**  **Mat Pilates**  **Meditation Room**  **Sign-Up**  **(starting 3/20)** | **Christy**  12:30pm-1:00pm  Reformer Pilates Class  (Spin Room)  Sign-Up  (starting 3/21) |  |