

Lunch Time Conditioning

Time: Tuesday and Friday: 12:30pm – 1:15pm

FREE for all Living Well members

- Total body, high-intensity class that can be performed at your own pace.
- Targets all aspect of physical fitness (strength, muscular endurance, flexibility, cardiovascular endurance)
- Classes will meet at the Living Well front desk and will be held at the stadium or in the LW facility.



WE'LL SEE YOU THEN!!!