

LRC OPEN HOUSE

& FREE PROGRAMS OPEN TO THE COMMUNITY!

OPEN HOUSE

SWIM IN THE POOL, PLAY IN THE GYM, WORK-OUT IN THE
FITNESS CENTER, OR TRY ANY CLASS FROM THE GROUP
FITNESS, AQUATIC, AND SPIN CLASS SCHEDULE

JAN 15: ALL DAY

JAN 18: 5:30AM-1PM

JAN 26: 5:30AM-1PM

JAN 28: ALL DAY

Holiday Sizzler Christmas Eve & New Year's Eve Try It's

Body Vive: 8am~~~Body Combat: 8:40am~~~Body Pump: 9:20am

New Year's Resolution Fitness Freebies

Tuesday, Jan 3: Country Line Dance: 7-8:30pm

Thursday, Jan 5: POUND: 6-7pm, and Reiki: 7-8pm

Friday, Jan 6: PWR Moves Parkinson's: 1-2pm

Saturday, Jan 7: Kids Ballet 1: 10:15-11am, Kids Ballet 2: 11-11:45am

Kids Dance Party: 11:45am-12:30pm

Les Mills Launch Party: January 14

Body Vive: 8am~~~Body Combat: 8am

Body Pump: 9am~~~Body Flow 10am

Spin Launch Celebration Party: January 21

Spin Classes at 8, 9, & 10am



www.lititzrec.com

717-626-5096

FREE IN JANUARY:

SUNDAYS

OPEN PICKLEBALL

8:30AM-12PM

5-7:45PM

MONDAYS

MEN'S PICKUP

BASKETBALL

7-9PM

TUESDAYS

FUNZONE

5:30-8PM

FEBRUARY IS HEART
MONTH! FREE
FRIDAY SPIN
CLASSES

MEMBERSHIP SPECIALS

College Winter Break Pass:

For Students ages 18-22

\$60

Valid through Jan 31, 2017

In January, the \$50 Joiner's
Fee will be waived for any
new 1 year membership!