

# Attention Members:

The following class(es) will be cancelled and/or changed, due to instructor /sub availability:

## Lunch Crunch @ 12pm

Tuesday, 3/11/25

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## Mat Pilates (LATE START)

Thursday, 3/13/25

\*will run 7:15-8:00pm and be a POP Pilates Format w/ Sub Amelia G\*

All class(es) effected will resume to normal the next week.  
We apologize for any inconvenience. We appreciate your understanding.  
Thank you! -LCP Management

