



Nicole Dennis

- Group Fitness Instructor
 - Certified Personal Trainer
 - Nutritionist
 - Pre/Post Natal Fitness Instructor
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 (O) 402 Fitness

Group Fitness Class Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
Triple Threat 5:30-7:00 AM <i>Come and go format</i>		Triple Threat 5:30-7:00 AM <i>Come and go format</i>		Triple Threat 5:30-7:00 AM <i>Come and go format</i>	
Senior Strength 8:30-9:15 AM		Senior Strength 8:30-9:15 AM		Senior Strength 8:15-9:00 AM	Based on instructor availability
	Noon Express 12:00-1:00 PM <i>Come and go format</i>		Noon Express 12:00-1:00 PM <i>Come and go format</i>	Aging with Agility @ Laurel Senior Center 9:15-9:45 AM	
Triple Threat 4:15-6:00 PM <i>Come and go format</i>		Triple Threat 4:15-6:00 PM <i>Come and go format</i>	Triple Threat 4:15-6:00 PM <i>Come and go format</i>		

Group Fitness Class Prices

- **Triple Threat:** \$6/class. Participant can attend 1, 2 or 3 classes/week. Participant pays upfront for a 4-week session. Punch cards are also available for \$7/class. Punch cards never expire, and a punch will be marked off every time the participant attends class.
- **Student Discount:** \$3/class. Participant can attend 1, 2 or 3 classes/week. Participant pays upfront for a 4-week session. Punch cards are also available for \$4/class. Punch cards never expire, and a punch will be marked off every time the participant attends class.
- **Senior Strength:** \$5/class. Participants purchase punch cards and can attend 1, 2 or 3classes/week. Punch cards never expire, and a punch will be marked off every time the participant attends class.

Group Fitness Class Location

- Participants may attend in-person at 402 Fitness or online via Zoom from the comfort of their home. Online participants will need their own dumbbells and resistance loops.