

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
5:45	Cycle <MPR> L:2-3 Cathy G.	Group Strength <MPR> L:3-4 Joanna		Group Strength <MPR> L:3-4 Joanna	Pilates/Ab Lab <MPR> L:2-3 Cathy G.						
6:00			Sunrise Yoga <MPR> L:2-4 Suzanne								
7:30	Aquacise <ID Pool> L:S Cathy H.		Aquacise <ID Pool> L:S Cathy H.		Aquacise <ID Pool> L:S Cathy H.	Cycle & Strength <MPR> L:2-4 Kelly					
8:00		Aqua Aerobics <ID Pool> L:S Leta	Pilates Roller Release <MPR> L:2-3 Becky	Aqua Aerobics <ID Pool> L:S Heidi	Cycle Express <MPR> L:2-3 Becky						
8:00	Step & Strength <MPR> L:1-3 Nancy	Step & Strength <MPR> L:1-3 Jennifer		Step & Strength <MPR> L:1-3 Staff							
8:05	Aqua Aerobics <ID Pool> L:S Cathy G.		Aqua Aerobics <ID Pool> L:S Heidi		Aqua Aerobics <ID Pool> L:S Cathy G.						
8:30					Yoga Flow <MPR> L:2-3 Becky						
9:00	Cycle <MPR> L:2-3 Cathy G.	Zumba <MPR> L:2-4 Tiffany	H.I.I.T. <MPR> L:2-4 Becky	Cycle <MPR> L:2-4 Zida	Total Body Conditioning <MPR> L:2-4 Summer	Zumba <MPR> L:2-4 Rebecca					
9:45	Pilates Abs/Express <MPR> L:2-4 Becky			BarreFit Express <MPR> L:2-4 Zida							
10:00	SilverSneakers® Classic <W Gym> L:S Cathy H.	Tai Chi <MPR> L:SF+ Diane	SilverSneakers® Classic <W Gym> L:S Summer		Line Dancing <E Gym> L:S Tiffany						
10:05					Zumba <MPR> L:1-3 Jen						
10:15	Boot Camp <MPR> L:2-4 Cathy G.		Cycle/Strength <MPR> L:2-4 Cathy G.	Zumba (10:20) <MPR> L:2-4 Tiffany		Yoga Strength <MPR> L:SF-2 Bill/Suzanne					
11:00		Basic Strength <MPR> L:1-3 Becky			Basic Strength <MPR> L:1-3 Jen						
11:15	Aqua Aerobics <OD Pool> L:S Summer	Aqua Aerobics <OD Pool> L:S Cathy H.	Aqua Aerobics <OD Pool> L:S Korri	Aqua Aerobics <OD Pool> L:S Cathy H.	Aqua Aerobics <OD Pool> L:S Heidi						
11:15	BarreFit Basics <MPR> L:2-4 Becky										
11:30				 ZUMBA <MPR> L:SF Tiffany	 SILVER&FIT <E Gym> L:S Summer						
1:00	Low Impact/Strength <MPR> L:SF-1 Lisa	SilverSneakers® Classic <E Gym> L:S Zida	Low Impact/Strength <MPR> L:SF-1 Korri	SilverSneakers® Classic <E Gym> L:S Korri		Sunday					
3:30	Pilates <MPR> L:1-3 Sherry		Yoga <MPR> L:1-3 Sherry		Pilates <MPR> L:1-3 Sherry						
4:00						Restorative Yoga <MPR> L:1-3 Peggy					
5:15		BarreFit <MPR> L:2-4 Summer									
5:30	Cycle <MPR> L:2-3 Heidi		Cycle <MPR> L:2-3 Cathy G.	HIIT <MPR> L:2-4 Heidi							
6:15		Total Body Conditioning <MPR> L:1-4 Cathy G.									
6:30	Zumba <MPR> L:1-3 Jen		Zumba <MPR> L:2-3 Melody/Jennifer	Yoga Flow <MPR> L:1-3 Joanna							
7:30	Yoga Strength <MPR> L:1-3 Suzanne	Pilates/Yoga <MPR> L:1-3 Suzanne									

Levels (L): 1= Beginner 2= Advanced Beginner 3= Intermediate 4= Advanced S= Senior Safe SF= SeniorFit Safe (LSAC 360-574-1991)

Locations: MPR= Multi-Purpose Room E Gym= East Gym W Gym= West Gym ID Pool= Indoor Pool OD Pool= Outdoor Pool

Aquacise - A shorter version of our Aqua Aerobic class. Cardio & strength in a shallow water. (30 min)

Aqua Aerobics - This class is ideal for people concerned about damage to joints from weight-bearing exercise. The class includes warm-up, conditioning (legs and arms), aerobics, and stretching. All workouts are done in the shallow ends of the pool. (45 min)

BarreFit - This muscular endurance class combines the principles of yoga, Pilates, ballet, and strength into an incredible low impact, full body workout. (30-45 min)

Basic Strength - This is a class for our active seniors and anyone getting started with strength training. We will strengthen and tone the muscles as well as work on flexibility. Members should feel comfortable getting up and down from the floor to participate in this class. (60 min)

Boot Camp - Blast your metabolism with this military-inspired workout. This high intensity cardio and strength workout will burn lots of calories and make you sweat. (45 min)

Cycle - Pace yourself using the +A13 Pilot II computer on each bike to increase leg strength, cardiovascular fitness and endurance. Pick up an admission card at the Front Desk and bring it with you to ensure a bike in class. **Bring a full water bottle and a towel**. Bike shoes with SPD clips are acceptable (please put them on after setting up your bike to protect the floor), and bike shorts can help to alleviate seat discomfort. **BIKE PEDALS ARE NOT INTERCHANGEABLE!** (40-45 min)

Cycle & Strength - Alternate cardio using the Cycle & resistance equipment to make this a fun circuit style class to strengthen & tone while increasing cardiovascular fitness. (60 min)

Group Strength - Learn proper form & technique to train & strengthen all muscles using free weights, tubing, gliders, Body Bar & Swiss ball. Increase your strength & endurance. (60 min)

H.I.I.T - (High Intensity Interval Training). Hard and fast cardio (Tabata drills) and strength training followed by intense power yoga and core training. (45 min)

Line Dancing - Gain confidence learning basic dance steps and the process of linking the steps together. Have fun losing yourself in the music; whether to country music or anything in between. This class is a great way to get fit and have fun doing it. (55 min)

Low Impact/Strength - An upbeat 45 minute class designed for members looking for a moderate workout. It will help tone & strengthen your muscles, as well as, your heart & lungs. Warm-up and 20 minutes of Cardio are followed by a segment to strengthen your muscles and increase your flexibility. (45 min)

Pilates - Get strong from the inside-out in this core strengthening, total body workout. This class combines strength and flexibility with a focus on the core muscle groups. Suitable for beginners to intermediate levels, building from the mat pilates essentials to a challenging workout for the intermediate level participants. (60 min.) **Pilates/Abs** - A full class dedicated to core work designed to strengthen the trunk, shoulder & pelvic girdle using basic Pilates principals & a variety of exercises. (45 min) The Mon 9:50am "express" class is 20 min.

Pilates Roller Release - Strengthen & rejuvenate your body using our new soft foam rollers & small ball to release tension in the myofascia & strengthen the abdominal core. Learn proper technique to work your core with Pilates exercises. Pilates exercises incorporate strength, posture, and toning. Members will be using mats on the floor; shoes are optional. (45 min)

Pilates/Yoga - This is a class that combines the yoga poses and pilates exercises in a challenging format of flexibility and core strength. (60 min)

Restorative Yoga - This class will teach breathing techniques that aid sleep and lower blood pressure. Restorative Yoga will keep you resting in the poses for a longer period of time and includes restful yoga poses to increase flexibility and mobility. (60 min)

Seniorcise - This class is designed for our seniors at Lake Shore. It will help tone and strengthen your muscles as well as your heart and lungs. Warm up and 20 minutes of Cardio are followed by a segment to strengthen your muscles and increase your flexibility. (45 min)

Silver&Fit® Explore - **SILVER&FIT® EXPLORE** This class is for older adults who have no prior experience with exercise or exercise programs. The class is designed to increase the participants' flexibility, joint stability, dynamic balance, coordination, muscular strength and cardiovascular endurance. This is a seated circuit class offering aerobic and strength exercises. *Endorsed by Silver&Fit®* (30 min)

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support. (45 min)


Step & Strength - This multi-intensity class includes the elements of a well-rounded workout: warm-up, aerobic phase, strengthening, and flexibility. Learn the basic movements and add intensity when you feel ready to progress. There is an overall emphasis on safety and technique. This is a great class for those just getting started as well as experienced steppers who want options in intensity. (45 min)

Tai Chi - This class will help to enhance well-being and increase core stability, balance and flexibility. Learn the basic forms of Yang Style Tai Chi Chuan to help unite the body and mind. (45 min)

TBC Total Body Conditioning - Powerful cardio moves along with muscle strengthening using free weights, tubing, gliders, Body Bar & Swiss ball. Increase your strength & cardio endurance. (50 min)

Yoga - Breath, stretching, strength, balance and relaxation. **Yoga Strength** adds resistance equipment for a more challenging workout. (60 min., 75 min. on Sat.) **Yoga Flow** moves in a gentle flow from one pose to another. **(Thurs. 60 min-Fri. 30 min) Restorative Yoga** will keep you resting in the poses for a longer period of time. (60 min)

Zumba - Fun, easy to follow Latin, Hip Hop, Belly Dancing & other energizing dance steps and music will have you dancing off the calories. Your instructor will lead you through a variety of movements that utilize large and small muscle groups and increase heart rate and breathing. (60 min.) Friday 10:05 am is 45 minute express class.

Zumba Gold -  A fun-filled, safe & easy to follow Latin dance program created for the active older adult & appropriate for all fitness levels. Rhythms like the Merengue, Salsa, Cha Cha and more are simplified & broken down to emphasize the basics while creating a total body workout that is motivational & fun. *Endorsed by Silver&Fit®* (45 min)