

Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am						Cycle / Strength <MPR> L: 2 - 4 <i>Leta</i>
9:00am	Cycle / Strength <MPR> L: 2 - 3 <i>Cathy G.</i>	STRONG Nation™ + Barre <MPR> L: 2-4 <i>Susana</i>		Cycle <MPR> L: 2 - 4 <i>Leta</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>	
9:30am						Zumba <MPR> L: 2 - 4 <i>Susana</i>
10:00am		Tai Chi <MPR> L: SF <i>Andrea L.</i>	Yoga Flow <MPR> L: 1 - 3 <i>Tiffany A.</i>	Pilates <MPR> L: 2 - 3 <i>Susana</i>	Zumba <MPR> L: 1-3 <i>Jen</i>	
10:00am	SilverSneakers® Classic <W Gym> L: S <i>Tiffany S.</i>		SilverSneakers® Classic <W Gym> L: S <i>Cathy H.</i>			
10:30am						Yoga Strength <MPR> L: SF - 2 <i>Bill / Suzanne</i>
11:00am		Basic Strength <MPR> L: 1 - 3 <i>Tiffany A.</i>			Basic Strength <MPR> L: 1 - 3 <i>Jen</i>	
1:00pm	Low Impact / Strength <MPR> L: SF - 1 <i>Tiffany S.</i>		Low Impact / Strength <MPR> L: SF - 1 <i>Leta</i>	Tai Chi <MPR> L: SF <i>Andrea L.</i>		
5:30pm	Zumba <MPR> L: 1 - 3 <i>Jen</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>	Cycle <MPR> L: 2 - 3 <i>Leta</i>	Total Body Conditioning <MPR> L: 2 - 4 <i>Cathy G.</i>		
6:30pm	Yoga Strength <MPR> L: 1 - 3 <i>Suzanne</i>	Pilates / Yoga <MPR> L: 1 - 3 <i>Suzanne</i>		Yoga Flow <MPR> L: 1 - 3 <i>Joanna</i>		

03-10-21

RESERVATIONS:
lakeshoreac.com/reservations

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

Group Fitness Class Descriptions

Basic Strength - This session is for anyone getting started with strength training or rehabilitating your body plus Senior Fit Level members. We will strengthen and tone the muscles as well as work on flexibility. Members should feel comfortable climbing the stairs and getting up and down from the floor to participate in this class. **(45 min)**

Cycle - Pace yourself using the +A13 Pilot II computer on each bike to increase leg strength, cardiovascular fitness and endurance. Pick up a bike ticket 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! (45 min)**

Cycle & Strength - Alternate cardio using the cycle & resistance equipment in this fun circuit style class to strengthen & tone while increasing cardiovascular fitness. **(50 min)**

Low Impact / Strength - A moderate upbeat 45-minute class. This class will help tone & strengthen the muscles, heart & lungs. A warm-up & 20 minutes low impact aerobics are followed by a strength & flexibility segment. This is **NOT** a seated chair class. **(45 min)**

Pilates - 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. **(45 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, and balls are offered for resistance. A chair is used for seated and/or standing support. **(45 min)**

STRONG Nation™ + Barre - This fusion class will offer both the STRONG Nation™ (30 min.) and Barre (20 mins) workouts. Using only your bodyweight, STRONG Nation it will test your strength and stamina in a powerful cardio and muscle-conditioning session in one, all led by music. The Barre portion will finish the workout with low impact, full body movements. **(50 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 - This multi-level class is a full-body workout designed to increase strength, mobility, stability, endurance and cardiovascular fitness and sporting performance. You will get a total body workout in this freestyle format class using weights, resistance bands and body weight exercises. **(45 min)**

Yoga - Breath, stretching, strength, balance and relaxation. **Yoga Strength** uses functional strength poses to help build enough strength to perform day to day activities. **Yoga Flow** moves in a gentle flow from one pose to another. **(45 min)**

Zumba - Fun, easy to follow Latin, Hip Hop, Belly Dancing & other energizing dance steps and music will have you burning 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. **(45 min.)**