Group Fitness Schedule

Lake Shore ATHLETIC CLUB

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	**STRONG** <MPR> L:2-4 Christina D.	**Early Riser Strength** <MPR> L:2-4 Jen T.	**STRONG** <MPR> L:2-4 Christina D.	**Early Riser Strength** <MPR> L:2-4 Jen T.			
8:00am	**Aqua Aerobics** <ID Pool> L:S Karla	**Aqua Aerobics** <ID Pool> L:S Cathy H.	**Aqua Aerobics** <ID Pool> L:S Cathy H.	**Aqua Aerobics** <ID Pool> L:S Cathy H.	**Aqua Aerobics** <ID Pool> L:S Jen T.		
8:00am			**Pilates Mat Reformer** <MPR> L: 1-3 Becky				
8:15am						**Cycle/Strength** <MPR> L:2-4 Christina D.	
9:00am	**Cycle/Strength** <MPR> L:2-3 Becky	**STRONG + Barre** <MPR> L:2-4 Susana	**Pumped Up Strength** <MPR> L:1-3 Susana	**Cycle** <MPR> L:2-4 Becky	**High Fitness** <MPR> L:2-4 Amanda		
9:30am	**SilverSneakers®** <W Gym> L:S Suzanne					**Zumba** <MPR> L:2:4 Susana	
10:00am		**Tai Chi** <MPR> L:SF Andrea	**Yoga Flow** <MPR> L:1-3 Tiffany A.	**Pilates** <MPR> L:2-3 Susana	**Zumba** <MPR> L:1-3 Christina		
10:00am			**SilverSneakers®** <W Gym> L:S Karla		**Line Dancing** <E Gym> L:SF-2 Tiffany A.		
10:30am						**Yoga Strength** <MPR> L:SF-2 Suzanne	
11:00am	**Barre** <MPR> L:2-4 Jen T.	**Basic Strength** <MPR> L:1-3 Tiffany A.		**Zumba Gold** <MPR> L:SF-1 Tiffany A.	**Basic Strength** <MPR> L:1-3 Christina		
11:00am			**Barre** <MPR> L:2-4 Amanda		**Silver&Fit Explore** <E Gym> L:S Tiffany A.		
11:30am	**Aqua Aerobics** <OD Pool> L:S Karla	**Aqua Aerobics** <OD Pool> L:S Cathy H.	**Aqua Aerobics** <OD Pool> L:S Tiffany S.	**Aqua Aerobics** <OD Pool> L:S Karla	**Aqua Aerobics** <OD Pool> L:S Karla		
11:30am						**Restorative Yoga** <MPR> L:SF-1 Peggy	
12:00pm		**Seated Yoga/Pilates** <Rball> L:S Peggy					**Hatha Flow Yoga** <MPR> L:SF-1 Starts @12:15pm
1:00pm	**Low Impact/ Stength** <MPR> L:SF-1 Tiffany A.		**Low Impact/ Stength** <MPR> L:SF-1 Jen T.	**Tai Chi** <MPR> L:SF Andrea			
4:00pm				**Line Dancing** <MPR> L:SF-2 Student Led			
5:30pm	**Zumba** <MPR> L:1-3 Lacy	**Total Body (TBC)** <MPR> L:2-4 Cathy G.	**Barre** <MPR> L:2-4 Veronika	**Total Body (TBC)** <MPR> L:2-4 Cathy G.			
6:30pm	**Yoga Strength** <MPR> L:1-3 Suzanne	**Pilates** <MPR> L:1-3 Suzanne	**Zumba** <MPR> L:2-4 Veronika	**Yoga Flow** <MPR> L:1-3 Joanna			06/2025

Levels (L): 1= Beginner 2=Advanced Beginner 3=Intermediate 4= Advanced S=Senior Safe SF= Senior Fit Safe
Locations: MPR= Multi-Purpose Room E Gym= East Gym W Gym= West Gym ID Pool= Indoor Pool OD Pool= Outdoor Pool