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 Cathy	**Aqua Aerobics** <ID Pool> L:S Tiffany S.	**Aqua Aerobics** <ID Pool> L:S Tiffany S.	**Aqua Aerobics** <ID Pool> L:S Karla	**Aqua Aerobics** <ID Pool> L:S *Denise*		
8:00am			**Pilates Mat Reformer** <MPR> L: 1-3 Becky			**Cycle/Strength** <MPR> L:2-4 Christina D. Starts @ 8:15am	
9:00am	**SilverSneakers®** <W Gym> L:S Karla		**SilverSneakers®** <W Gym> L:S Suzanne				
9:00am	**Cycle/Strength** <MPR> L:2-3 Jamie J.	**STRONG + Barre** <MPR> L:2-4 Susana	**Pumped Up Strength** <MPR> L:1-3 Susana	**Cycle** <MPR> L:2-4 Jamie J.	**Total Body (TBC)** <MPR> L:2-4 Jamie J.		
9:30am						**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 Suzanne		**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		**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 Becky		**Barre** <MPR> L:2-4 Jen T.		**Silver&Fit Explore** <E Gym> L:S Tiffany A.		
11:30am	**Aqua Aerobics** <ID Pool> L:S Karla	**Aqua Aerobics** <ID Pool> L:S Becki	**Aqua Aerobics** <ID Pool> L:S Tiffany S.	**Aqua Aerobics** <ID Pool> L:S Karla	**Aqua Aerobics** <ID Pool> L:S Becki		
11:30am				**Seated Tai Chi** <E Gym> L:S Andrea		**Restorative Yoga** <MPR> L:SF-1 Peggy Starts @ 11:45am	
12:00pm	**Low Impact/ Stength** <MPR> L:SF-1 Tiffany A.	**Seated Yoga/Pilates** <E Gym> L:S Peggy	**Low Impact/ Stength** <MPR> L:SF-1 Jen T.				
1:00pm				**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 Amanda	**Total Body (TBC)** <MPR> L:2-4 Cathy G.			
6:30pm	**Yoga Strength** <MPR> L:1-3 Suzanne	**Pilates** <MPR> L:1-3 Suzanne		**Yoga Flow** <MPR> L:2-3 Joanna			

10/30/2026

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

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Aqua Aerobics - This class is ideal for people concerned about damage to joints from weight-bearing experience. The class includes warm-up conditioning (legs and arms), aerobics, and stretching. (45 mins)

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

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 muscles as well as work on flexibility. Members should feel comfortable climbing the stairs and getting up and down from the floor to participate. (45 mins)

Cycle - Pace yourself using an +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 towel. Bike shoes with SPD clips are acceptable (please put them on after setting up your bike, in order to protect the floor), and bike shorts can help to alleviate seat discomfort. Bike pedals are NOT interchangeable. (45 mins)

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

Mindful Yoga Flow- A breath-centered class that links movement and mindfulness. Expect creative sequences that gently build heat in the body, followed by a soothing cool down to leave you feeling balanced, grounded, and refreshed. (45 mins)

High Fitness - Experience a modern twist on aerobics in a non-stop, high-energy mix of cardio, toning and push tracks that will take your fitness to the next level. This no equipment format uses simple set Choreography and will become the cardio workout you never dread. Adaptable to all levels of fitness. Class will end with some muscular endurance / core based moves for a total body workout. (45 mins)

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. (45 mins)

Pilates - Strengthen and rejuvenate your body using soft foam rollers and small ball to release tension in the myofascia and strengthen the abdominal core. Learn proper techniques to work your core with Pilates exercises. Pilates exercise incorporates strength, posture, and toning, using mats on floor; shoes are optional. (45 mins)

Pilates Mat Reformer - This class uses your own body as the ultimate reformer. Focus on building functional strength, improving posture, enhancing coordination while using resistance bands/tubing, fitness balls, and foam rollers. Class will use a combination of floor and standing work. (45 mins)

Pumped Up Strength- A revolutionary new approach to group resistance training designed to challenge your body in new ways. Increase caloric expenditure, build stronger muscles, rev your metabolism, increase bone density and more. (45 mins)

Seated Yoga/Pilates- This class will focus on stretching, restorative breathing and core strengthening. A chair will be provided for seated and standing support. (45 mins)

Silver&FIt® Explore- This class is for older adults who have no prior experience with exercise or exercise programs. Designed to increase flexibility, joint stability, dynamic balance, coordination, muscular strength, and cardiovascular endurance. This is a seated circuit class offering aerobic and strength exercises. (45 mins)

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 weights, elastic tubing, and balls offered for resistance. Chair is used for seated and/or standing support. (45 mins)

STRONG Nation™+ Barre - This fusion class will offer both the STRONG Nation™ (30 mins) and Barre (20 mins) workouts. Using only your bodyweight, this class will test your strength and stamina in a powerful cardio and muscle conditioning session in one, led by music. The Barre portion will end the class with low impact, full body movements. (50 mins)

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 mins)

Total Body Conditioning (TBC) - This multilevel 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. (50 mins)

Yoga - Breath, stretching, strength, balance and relaxation. **Yoga Strength** uses functional strength poses to help build strength to perform day to day activities. **Yoga Flow** moves in a gentle flow from one pose to another. **Restorative Yoga** will keep you resting in poses for longer periods.

Zumba - Fun, easy to follow Latin, Hip Hop, Belly Dancing and 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 mins)

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