

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45	Cycle <MPR> L:2/3 Beth G	Group Strength <MPR> L:3/4 Kam A	Step & Strength 123 <MPR> L:2/3 Kam A	Group Strength <MPR> L:3/4 Kam A	Pilates/Ab Lab <MPR> L:2/3 Beth G	
7:10						Cycle <MPR> L:2/3 Julie H
7:30	Aquacise <ID Pool> L:S Dawn P.		Aquacise <ID Pool> L:S Cathy H.		Aquacise <ID Pool> L:S Dawn P	
8:00		Aqua Aerobics <ID Pool> L:S Dawn P		Aqua Aerobics <ID Pool> L:S Dawn P		Core Strength <MPR> L:3/4 Julie H
8:05	Aqua Aerobics <ID Pool> L:S Dawn P		Aqua Aerobics <ID Pool> L:S Cathy H.		Aqua Aerobics <ID Pool> L:S Dawn P	
8:10	Cycle <MPR> L:2/3 Stacey H		Pilates Roller Release <MPR> L:2/3 Becky P		Cycle <MPR> L:2/3 Becky P	
8:50	Step & Strength 123 <E Gym> L:1-3 Tiffany A	Step & Strength 123 <E Gym> L:1-3 Jenny G		Step & Strength 123 <E Gym> L:1-3 Jenny G		
9:00	Cycle <MPR> L:2/3 Becky P	Zumba <MPR> L:2-4 Tiffany A	Step Cardio Circuit <MPR> L:2-4 Kam A	Cycle <MPR> L:2/3 Kam A	Creative Step <MPR> L:2-4 Kam A	Creative Step <MPR> L:2-4 Kam/Rhondi
9:15		Silver&Fit® Level 1 <W Gym> L:S Diane T.				
9:50	Ab Strength <MPR> L:2/3 Becky P			Ab Strength <MPR> L:2/3 Kam A		
10:00		Tai Chi <MPR> L:1/2 Diane T			Seated Pilates <E Gym> L:S Becky P	
10:15	Step Cardio Circuit <MPR> L:2-4 Becky P		Cycle/Step Circuit <MPR> L:2-4 Becky P			Yoga Strength <MPR> L:SF-2 Bill/Suzanne H
10:20				Zumba <MPR> L:2-4 Tiffany A		
10:30	SilverSneakers® MSROM <W Gym> L:S Cathy H		SilverSneakers® MSROM <W Gym> L:S Cathy H			
11:00		Basic Strength <MPR> L:SF-1 Becky P			Basic Strength <MPR> L:SF-1 Kam A	
11:15	Aqua Aerobics <ID Pool> L:S Sherry F	Aqua Aerobics SilverSplash <ID Pool> L:S Korri N.	Aqua Aerobics <ID Pool> L:S Sherry F	Aqua Aerobics <ID Pool> L:S Korri N	Aqua Aerobics <ID Pool> L:S Sherry F	
12:15pm					Silver&Fit® Zumba Gold <MPR> L:SF Joyce B.	Private Dance <MPR>
1:00	Seniorcise <E Gym> L:S Diane T	SilverSneakers® MSROM <E Gym> L:S Joyce B.	Seniorcise <E Gym> L:S Diane T / Sherry F	SilverSneakers® MSROM <E Gym> L:S Joyce B		
2:00	SilverSneakers® MSROM <E Gym> L:S Cathy H			SS® Yoga Stretch <E Gym> L:S Joyce B		
4:00	Pilates/Yoga <MPR> L:1-3 Marlene S.		Pilates/Yoga <MPR> L:1-3 Marlene S.			
5:30	Cycle <MPR> L:2/3 Chrissy O	Kick & Lift <MPR> L:2/3 Mable W	Cycle <MPR> L:2/3 Mable W	Zumba <MPR> L:1-3 Jenny G.	Cycle <MPR> L:2/3 Stacey H	
6:30	Mat Pilates <MPR> L:1-3 Suzanne H	Cycle <MPR> L:2/3 Mable W	Zumba <MPR> L:2/3 Mable W	Cycle <MPR> L:2/3 Donna A.		
7:30	Yoga Strength <MPR> L:1-3 Suzanne H	Pilates/Yoga <MPR> L:1-3 Suzanne H		Yoga <MPR> L:1-3 Bill M.		

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

“AB” Strength ‘Express’ – This 25 Minute “Express” class targets your core “Power-house” muscles, focusing on Abdominals, back and core stabilizers using the Swiss ball, small ball, gliders & gravity with minimal equipment. Alternatives for various fitness levels will be presented to help participants progress at their own level & speed.

Aquacise – A shorter version of our Aqua Aerobics Class for our early risers! 30 minutes of Cardio & Strength in a shallow water workout on Monday, Wednesday’s & Friday’s!

Aqua Aerobics/SilverSplash® – 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. This class provides an extended toning segment on and off the wall. *SilverSplash® uses a Kickboard for added fun & fitness!

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.

Creative Step – Challenge yourself with more advanced choreography, syncopation or alternative formats using single or multiple steps. Appropriate for the experienced stepper. Strength section included in this 1 hour class.

Core Strength – Group Strength that addresses all of the major muscle groups with an emphasis on upper body & core conditioning using various types of resistance equipment. This class is the ideal complement to cycle classes that target muscles of the lower extremities and for anyone wanting 45 minutes of strength & endurance conditioning.

Cycle – 40-45 min. classes formatted so you can pace yourself using the Pilot II computer on each bike. Increase your leg strength, cardio-vascular 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!**

Cycle/Step Circuit – Alternate cardio using the Cycle & Step and add Strength to make this a fun circuit style class to strengthen & tone while increasing cardio-vascular fitness.

Group Strength – Learn proper form & technique to train & strengthen all muscles using free weights, tubing, gliders, Body Bar & Swiss ball. Increase your strength & endurance!

Kick & Lift – Experience your favorite Kick Boxing moves in just 30 intense, jam-packed minutes, followed by 15 minutes of strength training using weights, tubing, & Swiss Balls!

Mat Pilates - This total body workout combines strength & flexibility with a focus on the core muscle groups. Suitable for anyone with exercises for beginners to intermediate levels, building from the mat pilates essentials and building to challenge the intermediate level participants.

Pilates/Ab Lab - 45 minutes of core work designed to strengthen the trunk, shoulder & pelvic girdle using basic Pilates principals & a variety of exercises.

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 breathing & stance to make the most of your workouts. *(members will be using mats on the floor, shoes are optional)*

Pilates-Yoga – Get strong from the inside-out in this 60 minute Core Training Class. Learn to engage stabilizers & use the breath with integrated Pilates & Yoga targeting specific muscle groups and integrating movements to gain strength, balance & improve overall health.

Seated Pilates – Move your whole body through a complete series of seated & standing Pilates poses. Chair support is offered to safely perform exercises designed to increase flexibility, balance and range of motion. Focus on posture and the core. (Senior friendly format!)

Seniorcise – This 45 minute 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.

Silver&Fit® Level 1 – (30 Min.) This social & upbeat group exercise class is a great place to start for the less active older adult. Functional strength training & cardio exercises are alternated for a fun filled & effective workout that improves core strength & stability. Dumbbells, resistance bands & chairs can be used.

Silver&Fit® 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. **Ditch the workout & join the party!**

SilverSneakers® MSROM – Have fun & 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.

Step Cardio Circuit – A high intensity strength and aerobic training session using Resistance equipment & Steps in a circuit format, alternating cardio & strength training movements.

Step & Strength 123 – This multi-intensity class includes the elements of a well-rounded workout: warm-up, aerobic phase (mostly on the bench), strengthening, and flexibility. This class will start you out right. Learn the basic movements and add intensity, arm variations, impulsion and propulsion to increase the difficulty 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.

Tai Chi – This 45 minute class will help to increase core stability, enhance well-being, balance and flexibility. Learn the basic forms and essences of Tai Chi to help unite the body and mind for increased body awareness.

Yoga – Warm up, work and cool down by combining breath, stretching, strength, balance and relaxation. A variety of tools may be used for additional muscle sculpting. Yoga Strength is on Monday evenings and adds resistance equipment for a more challenging workout.

Yoga Stretch – Move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and a final relaxation will promote stress reduction & mental clarity. (Senior Friendly Format!)

Zumba – This fun aerobic workout uses easy to follow Latin, Hip Hop, Belly Dancing & other energizing dance steps and music to 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. **Zumba Gold now on our permanent Fall Schedule; Fridays, 12:15-1:15 for LSAC Seniors.**