

# LAKEVIEW FITNESS SCHEDULE






April 2 - June 3, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:50 am <b>TBC</b> Anne	5:35-6:30 am <b>F.I.T.</b> Jaclyn	6:00-6:50 am <b>Body Pump Ex</b> Jaclyn	5:35-6:30 am <b>F.I.T.</b> Jaclyn	6:00-6:50 am <b>TBC</b> Anne	7:00-7:50 am <b>Cycle</b> Jaclyn	
7:00-7:50 am <b>Pilates Plus</b> Anne	7:30-8:30 am <b>Water Aerobics</b> Nancy	7:00-7:50 am <b>Pilates Plus</b> Anne	7:30-8:30 am <b>Water Aerobics</b> Nancy	7:00-7:50 am <b>Pilates Plus</b> Anne	8:00-8:50 am <b>ZUMBA</b> Anne	
*8:00-8:50 am <b>Interval Training</b> Anne	*8:30-9:25 am <b>Power Yoga</b> Amanda	*8:00-8:50 am <b>Step Interval</b> Anne	*8:00-8:55 am <b>Power Yoga</b> Amanda	*8:00-8:50 am <b>ZUMBA</b> Anne	*9:00-9:55 <b>Step Interval</b> Lauren/Anne	
*8:00-8:55 am <b>Water Aerobics</b> Marian	*9:30-10:10am <b>Power Step</b> Felicia	*8:00-8:55 am <b>Water Aerobics</b> Nancy	*9:00-9:55 am <b>Cycle</b> Felicia	*9:00-9:55 am <b>H.I.I.T. H2O</b> Amanda	*10:00-11:05am <b>Body Pump</b> Liz	
*9:00-9:55 am <b>Water Aerobics</b> Amanda	*10:15-11:00 am <b>Muscle Works</b> Felicia	*9:00-9:55 am <b>Water Aerobics</b> Nancy	*10:05-10:55 am <b>Muscle Works</b> Felicia	*9:00-9:45 am <b>Body Shred</b> Lauren	*11:15-12:15pm <b>Hatha Yoga</b> Liz	
*9:00-9:55 am <b>Strength &amp; Balance</b> Dale	*11:05-12:00 pm <b>Hatha Yoga</b> Beth	*9:00-9:55 am <b>F.I.T.</b> Maureen	*11:00-11:55 am <b>Hatha Yoga</b> Mercedes	*10:00-10:55 am <b>Happy Hour</b> Felicia		
*10:00-10:55am <b>F.I.T.</b> Maureen	*12:05-1:10 pm <b>Body Pump</b> Maria	*10:00-10:55 am <b>ZUMBA</b> Steve	*12:05-12:55 pm <b>Body Pump Exp.</b> Lacy	*11:00-11:55 am <b>Vinyasa Yoga</b> Maria	*8:45-9:25 am <b>Metabolic Total Body</b> Megan	
*11:00-11:55 am <b>Hatha Yoga</b> Beth	*4:45-5:30 pm <b>Body Shred</b> Lauren	*11:15-12:10 pm <b>PiYo</b> Amanda	*4:30-5:20 pm <b>Pilates</b> Jenay	*12:00-1:05 pm <b>Body Pump</b> Maria	*9:00-9:55 am <b>H.I.I.T. H2O</b> Amanda	
*12:00-12:55 pm <b>Cycle</b> Felicia	*5:35-6:25 pm <b>ZUMBA</b> Kay	*4:30-5:20 pm <b>Hatha Yoga</b> Don	*5:35-6:30 pm <b>ZUMBA</b> Jennifer/Kay	4:45-5:30 pm <b>Barre/Pilates Fusion</b> Alana	*9:30-10:25 am <b>Turbo Kick</b> Megan	
4:25-5:30 pm <b>*Body Pump</b> Lacy	*6:30-7:25 pm <b>TRX Circuit</b> Maureen	*5:25-6:15 pm <b>Cycle</b> Alana	*6:35-7:35 pm <b>Body Pump</b> Brittney	5:35-6:25 pm <b>Candlelight Yoga</b> Alana	*10:30-11:35am <b>Body Pump</b> Megan	
*5:35-6:30 pm <b>ZUMBA</b> Jennifer		*6:25-7:30 pm <b>Body Pump</b> Liz			*11:45-12:40 pm <b>Hatha Yoga</b> Steve	
6:35-7:50pm <b>Hatha Yoga</b> Ralph						

## SULLIVAN COMMUNITY CENTER SCHEDULE

9:00-9:55 am <b>Barre &amp; Tone</b> Lori	8:00-8:50 am <b>Functional Fitness</b> Anne	8:00-8:55 <b>Strength &amp; Balance</b> Dale	8:00-8:50 am <b>Functional Fitness</b> Anne	10:00-10:55 am <b>Strength &amp; Balance</b> Dale
10:00-10:55 am <b>20/20/20</b> Lori	9:00-9:50 am <b>ZUMBA</b> Anne	9:00-9:50 am <b>Low Impact Cardio</b> Lori/Lauren	9:00-9:40 am <b>Pilates Plus</b> Anne	
	10:00-11:00 am <b>Chair Yoga</b> Alison	10:00-10:50 am <b>Forever Fit</b> Lori/Lauren	9:45-10:30 am <b>ZUMBA</b> Anne	

### Color Key

Group Exercise	
Water Aerobics	
Low Impact	
Yoga	
High Intensity	

**\*Babysitting available for the duration of this class**

Please note that classes are subject to change at any time without notice. Classes are on a first come first served basis.

