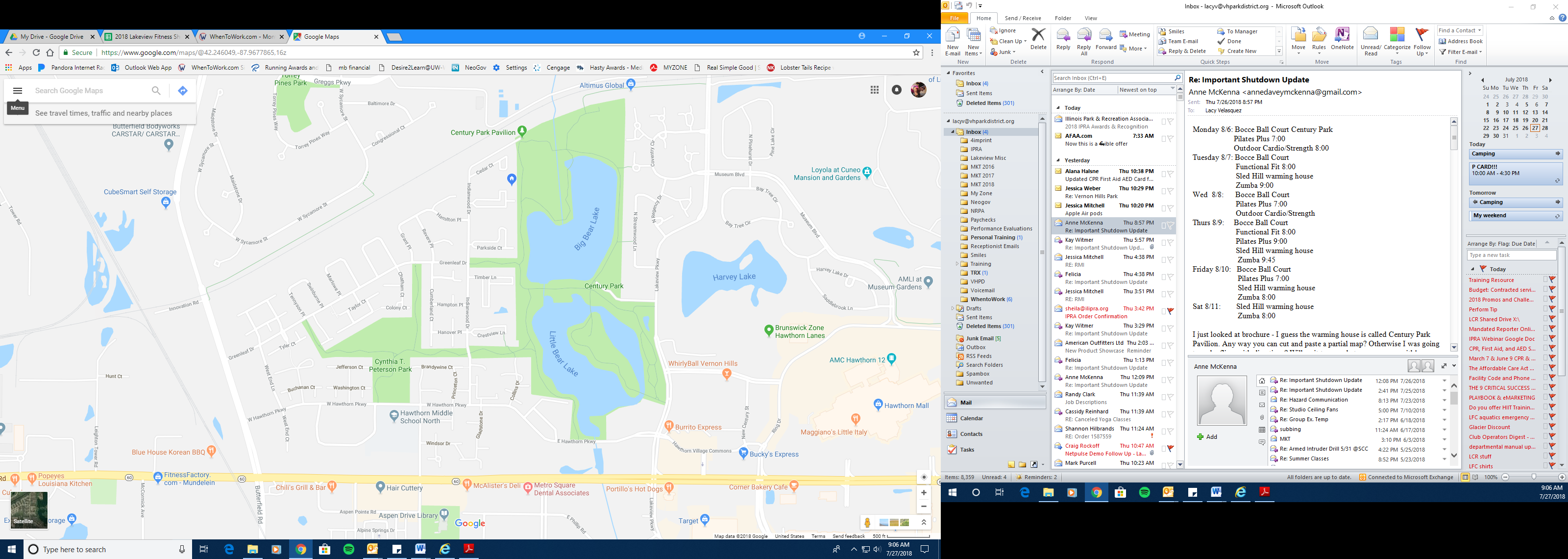


MEMBERS AND GUESTS

With Lakeview Fitness being closed for annual maintenance, we will have the following group exercise schedule in effect for 8/5-8/9.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Time** | **Instructor** | **Class** | **Location** |
| Monday | 8:00am | Anne | ZUMBA | SCC Dance Room |
| Monday | 9:00am | Lori | Barre & Tone | SCC Dance Room |
| Monday | 10:00am | Maureen | Training Strong | CP Sled Hill |
| Monday | 11:00am | Gail | Hatha Yoga | SCC Dance Room |
| Monday | 5:30pm | Kay | ZUMBA | SCC Dance Room |
| Tuesday | 9:00am | Holly | Hatha Yoga | CP Sled Hill |
| Tuesday | 9:00am | Jeff | Chair Yoga | SCC Dance Room |
| Tuesday | 10:00am | Jeff | Chair Yoga | SCC Dance Room |
| Tuesday | 5:30pm | Kay | ZUMBA | SCC Dance Room |
| Wednesday | 7:15am | Anne | Pilates | CP Sled Hill |
| Wednesday | 8:00am | Anne | Total Body Conditioning | CP Sled Hill |
| Wednesday | 8:00am | Bernie | Strength & Balance | SCC Dance Room |
| Wednesday | 9:00am | Maureen | Training Strong | CP Sled Hill |
| **Day** | **Time** | **Instructor** | **Class** | **Location** |
| Wednesday | 9:00am | Lori | Muscle Works | SCC Dance Room |
| Wednesday | 11:00am | Anne | ZUMBA Gold | SCC Dance Room |
| Thursday | 8:00am | Anne | Functional Fitness | SCC Dance Room |
| Thursday | 9:00am | Anne | Pilates Plus | SCC Dance Room |
| Thursday | 9:00am | Felicia | Happy Hour | CP Sled Hill |
| Thursday | 9:45am | Anne | ZUMBA | SCC Dance Room |
| Thursday | 5:30pm | Kay | ZUMBA | SCC Dance Room |
| Friday | 8:00am | Anne | ZUMBA Toning | SCC Dance Room |
| Friday | 9:00am | Maureen | Training Strong | CP Sled Hill |
| Friday | 10:00am | Felicia | Muscle Works | CP Sled Hill |

Map of Century Park



Bocce Court

Boat Launch

Zip Line

**\*IMPORTANT NOTES:**

All classes are dependent on the weather. In the event of rain, classes will be canceled. Class locations will not be changed.

No equipment is being provided. If participants would like a mat for classes, they will need to provide their own.

Babysitting services are not being offered during Annual Maintenance Week.

Please exercise with caution out in the heat. Take breaks when needed, take water breaks often, and work in the shade if possible.