

LAKEVIEW FITNESS SCHEDULE

Schedule Beginning Wednesday, July 1

Studio 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15-9:00 am Zumba Anne	8:15-9:15 am Body Pump Maria	9:15-10:00 am S & B Anne	9:45-10:30 am TBC Alana	8:15-9:00 am Zumba Anne	8:00-9:00 am Zumba Kay
9:30-10:15 am S & B Alana	9:45-10:30 am TBC Alana	6:00-6:45 pm H.I.I.T. Alana		9:30-10:15 am S & B Alana	
6:00-7:00 pm Zumba Kay				5:00-6:00 pm Candlelight Yoga Alana	

Studio 2

8:15-9:00 am Cycle Felicia	8:00-8:45 am Cycle Beth	8:15-9:00 am Zumba Anne	8:15-9:15 am Body Pump Maria	8:00-8:50 am Turbo Kick Megan
9:15-10:00 am H.I.I.T. Felicia	9:45-10:30 am Power Core Felicia	9:30-10:15 am Power Step Felicia	9:45-10:30 am Power Step Felicia	9:15-10:00 am H.I.I.T. Felicia
6:30-7:30 pm Body Pump Lacy	10:45-11:30 am Muscle Works Felicia	6:30-7:30 pm Body Pump Lacy	10:45-11:30 am Muscle Works Felicia	
	6:00-7:00 pm Zumba Kay		6:00-7:00 pm Zumba Kay	

Studio 3

9:30-10:15 am Yoga Maria	8:00-8:45 am Hatha Yoga Beth	9:30-10:15 am Yoga Maria
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Pool

9:00-10:00 am Water Aerobics Amanda	9:00-10:00 am Aqua Combat Sidney
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Color Key

Standard Format	
Low Impact	
High Intensity	
Yoga	
Water Aerobics	

Studios

Studio 1 indoor studio

Studio 2 located in back parking lot

Studio 3 northeast side of building

Group Exercise Procedures

Pre-Registration: All participants are encouraged to register through the Lakeview Fitness app to ensure they have a spot in the class. We also ask that participants remove reservations for classes they can no longer attend to make room for others. Communication regarding classes will occur via email, so participants are encouraged to use a valid email when setting up account in the app.

Class Sizes: Vary by class. Please see specific class in app for class maximums. Classes will also now have a required minimum of 4 reservations in the Lakeview Fitness app in order for class to run. Classes not meeting this minimum within an hour of the start of class will be canceled. Registered participants will be informed through the email they use to register.

Equipment: Members will be responsible for disinfecting equipment before and after each class. Participants are welcome to bring their own if they feel more comfortable and are encouraged to bring their own mats. Some equipment has been taken out of commission based on our ability to disinfect properly.

Hand Washing: Handwashing stations will be provided outside of building for member use with outdoor classes. Members will be expected to wash or sanitize hands before and after classes.

Weather: Classes will be canceled in the event of storms or extreme heat. Participants will be notified at least an hour ahead of time (when possible) if classes are going to be canceled for any reason. If a class is scheduled for outdoors and it is possible to move indoors, we will inform participants of the location change.