

Reservations are required for all online and in-person fitness classes. Reservation links may be found in your Weekly Email Update or on the [Member Classes & Programs](#) page at lakeshore.org.

## In-Person Classes

TIME	MON	TUES	WED	THURS	FRI	SAT
8:30-9:15 a.m.		Silver Sneakers		Silver Sneakers		
9:45-10:30 a.m.	Yoga	ABCs of Balance (9:45-10:15)	Yoga		Yoga	
11-11:45 a.m.	Total Body Conditioning	Zumba	Total Body Conditioning	Seated Yoga		Zumba
12:15-12:45 p.m.		Krank		Krank		
5:15-6 p.m.	Yoga	Upper Body Basics (5:15-5:45)				

## Online Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45-10:30 a.m.	Yoga	Zumba	ABCs of Balance (9:45-10:15)	Seated Yoga	Upper Body Basics (9:45-10:15)
1-1:45 p.m.	ABCs of Balance (1-1:30)				Yoga

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## ABC's of Balance

### *Online & In-Person, Group Exercise Room*

An introduction to principles of balance with exercises focusing on body position and postural alignment through core (trunk/abdominal) strengthening, muscle balance and postural awareness. Exercises are done seated and standing.

## Krank

### *Fieldhouse*

An upper body rotational exercise class featuring stationary arm bikes. Participants work at their own intensities, and with a removable seat, the Krankcycle® is accessible to individuals who use a wheelchair or stand. Space is limited, and sign-up is available 30 minutes prior to each class at the fitness desk. Bring a water bottle and a towel because you are sure to sweat. All levels of fitness are welcome.

## SilverSneakers® Classic

### *Group Exercise Room*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support. All levels of fitness are welcome.

## Seated Yoga

### *Online & In-Person, Group Exercise Room*

This class is designed for anyone desiring to practice yoga while seated. Yoga can bring strength to weak areas of the body and soften the tight spots. Experience coordination of breath with movement, relaxation and mindfulness exercises. Explore and progress at your own pace. The class is seated.

## Total Body Conditioning

### *Group Exercise Room*

Total Body Conditioning (TBC) is a full body workout that targets all major muscle groups. This workout is designed to contain exercises that will increase strength, cardiovascular conditioning, stability, and flexibility. Class format may change slightly every day but will include the essentials: cardio, strength training and a proper cool down. All levels of fitness are welcome.

## Upper Body Basics

### *Online & In-Person, Group Exercise Room*

Focus on toning and strengthening your upper body with simple stretches and exercises using light weights or your body weight. Exercises may be done sitting or standing.

## Yoga

### *Online & In-Person, Group Exercise Room*

Traditional yoga poses are practiced to emphasize flexibility, balance and strength that can bring the body into healthy alignment and complement activities of daily life. Class includes coordination of breath and movement, relaxation and mindfulness experiences. Explore and progress at your own pace. This class includes standing, seated and mat work. Ability to get up and down from the floor is recommended.

## Zumba® Gold

### *Online & In-Person, Group Exercise Room*

Consists of a series of easy-to-follow dance moves that can be done sitting or standing. The moves focus on improving balance, strength and flexibility, while raising your heart rate and improving cardiovascular fitness. Moves can be performed while standing or sitting. All levels of fitness are welcome.

*Updated June 7, 2021*

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## Hours of Operation

Weekdays: 5:30 a.m. until 7:30 p.m.  
Saturday: 7 a.m. until 3 p.m.  
Sunday: Closed