# ADULT FITNESS SCHEDULE

## In-Person Classes

Reservations are required for all in-person fitness classes. Reservation links may be found in your Weekly Email Update or at lakeshore.org/registration.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15 a.m.</td>
<td></td>
<td>Silver Sneakers</td>
<td></td>
<td>Silver Sneakers</td>
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<tr>
<td>9:45-10:30 a.m.</td>
<td>Yoga</td>
<td>ABCs of Balance (9:45-10:15)</td>
<td>Yoga</td>
<td>Zumba Gold</td>
<td>Yoga</td>
<td></td>
</tr>
<tr>
<td>11-11:45 a.m.</td>
<td>Total Body Conditioning</td>
<td>Zumba Gold</td>
<td>Total Body Conditioning</td>
<td>Seated Yoga</td>
<td></td>
<td>Zumba Gold</td>
</tr>
<tr>
<td>12:15-12:45 p.m.</td>
<td></td>
<td>Krank</td>
<td></td>
<td>Krank</td>
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<tr>
<td>5:15-6 p.m.</td>
<td>Yoga</td>
<td>Upper Body Basics (5:15-5:45)</td>
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## Lakeshore Online Fitness Classes

Take your favorite fitness classes from the comfort of your home with Lakeshore Online Fitness. Visit fitness.lakeshore.org to login or create your account.

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<tr>
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<tbody>
<tr>
<td>9:45-10:30 a.m.</td>
<td>Upper Body Basics</td>
<td>ABCs of Balance</td>
<td></td>
<td>Seated Yoga</td>
<td></td>
</tr>
<tr>
<td>1:45-1:45 p.m.</td>
<td>ABCs of Balance</td>
<td>Chair Yoga</td>
<td>Total Body Conditioning</td>
<td>Total Body Conditioning</td>
<td>Total Body Conditioning</td>
</tr>
</tbody>
</table>
Lakeshore Fitness Classes are open to all adult members, no matter your disability or level of fitness. All exercises can be performed sitting or standing. Instructors provide modifications during class, and you are encouraged to explore any adaptations that feel good to your body and progress at your own pace.

**ABC’s of Balance**  
*Online & In-Person, Group Exercise Room*  
Learn and practice the principles of balance with exercises focusing on your body position, core strength, muscle balance and posture. All levels of fitness are welcome, and exercises can be performed sitting or standing.

**Chair Yoga**  
*Online & In-Person, Group Exercise Room*  
Using a chair for stability, experience yoga while sitting or standing. Practice includes breath awareness, gentle movement and poses along with relaxation and mindfulness techniques. Explore and progress at your own pace. All levels of fitness are welcome.

**Krank**  
*In-Person Only, Fieldhouse*  
Get your heart rate up in this stationary arm bike class. Participants work at their own intensities, and with a removable seat, the Krankcycle® is accessible to individuals who use a wheelchair or stand. All levels of fitness are welcome.

**Seated Yoga**  
*Online & In-Person, Group Exercise Room*  
Experience all that yoga offers, including breath awareness, gentle movement and poses along with relaxation and mindfulness practice. Explore and progress at your own pace. All levels of fitness are welcome, and all movement is performed while sitting.

**SilverSneakers® Classic**  
*In-Person Only, Group Exercise Room*  
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 Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support. All levels of fitness are welcome.

**Total Body Conditioning**  
*Online & In-Person, Group Exercise Room*  
Improve your strength, cardio, balance and flexibility to music in this high-energy workout that targets your major muscle groups. All levels of fitness are welcome, and exercises can be performed sitting or standing.

**Upper Body Basics**  
*Online & In-Person, Group Exercise Room*  
Tone, strengthen, and stretch your upper body with a variety of exercises using light weights, resistance bands, or even household items such as cans or water bottles. All levels of fitness are welcome, and exercises can be performed sitting or standing.

**Yoga**  
*In-Person Only, Group Exercise Room*  
Practice traditional yoga poses that focus on flexibility, balance and strength to help 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**  
*In-Person Only, Group Exercise Room*  
Move to the music while improving balance, strength, flexibility, and cardiovascular fitness. All levels of fitness are welcome, and exercises can be performed sitting or standing.

Visit lakeshore.org

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**Updated December 13, 2021**

**Hours of Operation**

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