# ADULT FITNESS SCHEDULE

## In-Person Classes

<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>Silver Sneakers</td>
<td>Silver Sneakers</td>
<td>Silver Sneakers</td>
<td></td>
<td></td>
<td></td>
</tr>
<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>Total Body Conditioning</td>
<td>Zumba Gold</td>
</tr>
<tr>
<td>12:15-12:45 p.m.</td>
<td>Krank</td>
<td>Krank</td>
<td>Krank</td>
<td>Krank</td>
<td>Krank</td>
<td></td>
</tr>
<tr>
<td>5:15-6 p.m.</td>
<td>Yoga</td>
<td>Upper Body Basics (5:15-5:45)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Lakeshore Online Fitness Classes

With Lakeshore Online Fitness you can take your favorite fitness classes live or try one of our many recorded exercise videos all from the comfort of your home. Visit [fitness.lakeshore.org](http://fitness.lakeshore.org) to login or create your account.

<table>
<thead>
<tr>
<th>TIME</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
<th>FRI</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45-10:15 a.m.</td>
<td>Upper Body Basics</td>
<td>Upper Body Basics</td>
<td>Upper Body Basics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 a.m. -12 p.m.</td>
<td>Body Basics</td>
<td></td>
<td></td>
<td>Body Basics</td>
<td></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**  
*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.

**Body Basics**  
*Online Only*  
Combine cardio, strengthening and stretching for an overall body workout. All levels of fitness are welcome, and exercises can be performed sitting or standing.

**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**  
*In-Person Only, 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**  
*In-Person Only, 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  

*Updated June 2, 2022  
Hours of Operation*  
Weekdays: 5:30 a.m. until 7:30 p.m.  
Saturday: 7 a.m. until 3 p.m.  
Sunday: Closed