

ADULT FITNESS SCHEDULE



Group Exercise Room

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

Krank Room

TIME	MON	TUES	WED	THURS	FRI	SAT
12:15-12:45 a.m.	Krank	Krank	Krank	Krank		

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.

Closed toe shoes are required for all classes, with the exception of yoga.



ADULT FITNESS CLASSES

ABC's of Balance

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

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, movement is performed while sitting or standing while using a chair for balance.

Krank

Krank Room

Get your heart rate up in this stationary arm bike class. Participants work at their own intensities; the Krankcycle® is accessible to individuals who use a wheelchair or stand. All levels of fitness are welcome.

SilverSneakers® Classic

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

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

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

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

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.



Hours of Operation

Weekdays: 5:30 a.m. until 7:30 p.m.

Saturday: 7 a.m. until 3 p.m.

Sunday: Closed

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