

Please see below for a list of Lake House Fitness Group Classes for Google Calendar:

Monday

8:00 AM - Splashers (Outdoor Pool)
8:15 AM - Gentle Yoga
9:15 AM Cardio Mix
10:15 AM - Pure Stretch Express
11:00 AM - Total Body Toning
2:00 PM - Pilates

Tuesday

8:00 AM Flow Yoga
8:00 AM - Water Aerobics (Outdoor Pool)
9:00 AM Cardio Interval
10:00 AM Core Fusion
11:00 AM - Get Pumped
12:00 PM - Core Fit
4:00 PM - Deep Water Aerobics

Wednesday

8:00 AM - Splashers (Outdoor Pool)
8:15 AM - Core & More
9:15 AM - Cardio Conditioning
10:15 AM - Pure Stretch (formally known as Strength & Flexibility Express)
11:00 AM - Total Body Toning
2:00 PM - Pilates
4:00 PM - Gentle & Restorative Yoga

Thursday

8:00 AM - Water Aerobics (Outdoor Pool)
11:00 AM Get Pumped
4:00 PM - Deep Water Aerobics

Friday

8:00 AM - Water Aerobics (Outdoor Pool)
8:15 AM - Core & More
9:15 AM - Strength & Conditioning
10:15 AM - Pure Stretch (formally known as Strength & Flexibility Express)
11:00 AM - Get Pumped

Saturday

8:15 AM - Core Fit
9:25 AM - Zumba
10:25 Am – PiYoChi.
8:30AM - RideSBI