

# The Lake House Fitness Class Scedule

## **Monday**

8:00 AM - Splashers (Outdoor Pool\*)  
8:15 AM - Gentle Yoga  
9:15 AM - Cardio Mix  
10:15 AM - Pure Stretch (45-minute class)  
11:00 AM - Total Body Toning

## **Tuesday**

8:00 AM - Water Aerobics (Outdoor Pool\*)  
8:00 AM - Flow Yoga  
9:00 AM - Cardio Interval  
10:00 AM - Core Fusion  
11:00 AM - Get Pumped  
12:00 PM - HIIT Cycle  
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 (45- minute class)  
11:00 AM - Total Body Toning  
4:00 PM - Gentle & Restorative Yoga  
4:00 PM - Deep Water Aerobics

## **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 (45-minute class)  
11:00 AM - Get Pumped

## **Saturday**

8:15 AM - HIIT Boxing  
9:25 AM - Zumba  
10:25 Am – PiYoChi

\*Please note, Splashers and Water Aerobics will move inside when the weather cools down. It is usually around middle to late September.