

The Lake House Class Schedule

November

We will continue the **Splashers/Water Aerobics** on Mondays, Wednesdays, and Fridays at 12PM throughout November; however, the Water Aerobics classes at 12PM on Tuesdays and Thursdays will be canceled beginning in November. **HIIT Cycle** classes are suspended this month.

Monday

8:00 AM - Splashers
8:15 AM - Gentle Yoga
9:15 AM - Cardio Mix
10:15 AM - Pure Stretch (45 minute class)
11:00 AM - Total Body Toning
12:00 PM - Splashers

Tuesday

8:00 AM - Water Aerobics
8:00 AM - Flow Yoga
9:00 AM - Cardio Interval
10:00 AM - Core Fusion
11:00 AM - Get Pumped
12:00 PM - HIIT Boxing
4:00 PM - Deep Water Aerobics

Wednesday

8:00 AM - Splashers
8:15 AM - Core & More
9:15 AM - Cardio Conditioning
10:15 AM - Pure Stretch (45 minute class)
11:00 AM - Total Body Toning
12:00 PM - Splashers
4:00 PM - Gentle & Restorative Yoga
4:00 PM - Deep Water Aerobics

Thursday

8:00 AM - Water Aerobics
11:00 AM - Get Pumped
12:00 PM - 30/30 Cardio & Stretch
4:00 PM - Deep Water Aerobics

Friday

8:00 AM - Water Aerobics
8:15 AM - Core & More
9:15 AM - Strength & Conditioning
10:15 AM - Pure Stretch (45 minute class)
11:00 AM - Get Pumped
12:00 PM - Water Aerobics

Saturday

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

HIIT Cycle Classes

Please note the following class cancelations:

- Classes located in Live Oak Hall - Tuesday, **November 3rd** (Election)
- Classes located in Live Oak Hall - Tuesday, **November 17th** (Possible Runoff Election)*

*We may add reservations for the classes located in the Live Oak Hall on Tuesday, November 17th if the Runoff Election is not needed.

Cancelations for Thanksgiving Holiday:

- All Classes - Thursday, November 26th
- All Classes - Friday, November 27th
- All Classes - Saturday, November 28th