

The Lake House Class Schedule

February

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

7:45 AM – Early Rise Yin Yoga
8:00 AM - Water Aerobics
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

Please note the following class cancelations:

- HIIT BOXING will be canceled on Saturday, February 20th.
- Zumba will be canceled for February.
- PiYoChi will be canceled for February.