

The Lake House Class Schedule

March

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 - Tone & Tighten
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 (Begins 3/20)
10:30 AM – PiYoChi (Begins (3/20)

Please note the following class cancelations:

- Get Pumped will be canceled on March 11th.
- 30/30 Cardio Stretch will be canceled on March 11th.
- Gentle & Restorative Yoga will be canceled on April 7th.