

The Lake House Class Schedule

April

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
11:00 AM - Get Pumped (OUTSIDE)
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
12:00 PM - Pure Stretch (OUTSIDE)
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
1:00 PM - Cardio Mix (Outside)
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 (OUTSIDE)
10:30 AM - PiYoChi

Please note the following class cancellations:

- Zumba will be canceled on April 10th.
- PiYoChi will be canceled on April 10th.
- HIIT Boxing will be canceled on April 10th.