

# *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  
cancelations:**

**NONE**