


































# Lakeside Wellness Center Class Schedule

Summer Quarter begins June 10, 2019

## Land Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 5:30am-6:30am Jen M. -- Room 1	 5:30am-6:30am Lisa -- Room 1	 5:30am-6:30am Liz -- Room 1	 5:30am-6:30am Sarah -- Room 1	 5:30am-6:30am Jen M. -- Room 1	 7:05am-7:35am Holly -- Room 1	 4:00pm-5:00pm Theresa -- Room 1
 5:30am-6:30am Mick -- Room 2	<b>Mat Pilates</b> 8:00am-9:00am Jen K. -- Room 1	 5:30am-6:30am Sarah -- Room 2	<b>Mat Pilates</b> 8:00am-9:00am Jen K. -- Room 1	 5:30am-6:30am Nikki -- Room 2	 7:35am-8:05am Holly -- Room 1	
<b>Tai Chi</b> 8:00am-8:45am Laurie -- Room 1	 9:15am-10:00am Georgie/Jen M. -- Room 1	<b>Tai Chi</b> 8:00am-8:45am Laurie -- Room 1	 9:15am-10:00am Georgie -- Room 1	<b>Tai Chi</b> 8:00am-8:45am Laurie -- Room 1	<b>Sunrise Yoga</b> 7:50am-8:50am Allison -- Room 5	
 9:00am-10:00am Karla -- Room 2	 10:05am-10:50am Jen M. -- Room 1	 9:00am-10:00am Karla -- Room 2	<b>Dancer's Fitness</b> 10:10am-10:55am Georgie -- Room 1		<b>Dancer's Fitness</b> 8:05am-8:50am Georgie -- Room 1	
 9:00am-10:00am Liz -- Room 1	 10:55am-11:25am Julie C. -- Room 1	 9:00am-9:30am Jen M. -- Room 1	<b>Spin for Parkinson's</b> 11:00am-11:30am Sean -- Room 2	 9:00am-10:00am Shona -- Room 2	<b>Mat Pilates</b> 9:00am-10:00am Georgie -- Room 5	
 10:00am-11:00am Jen M. -- Room 1	<b>Gentle Fusion</b> 11:30am-12:00pm Allison -- Room 1	 9:30am-10:00am Jen M. -- Room 1	<b>Gentle Fusion</b> 11:30am-12:00pm Allison -- Room 1	<b>Circuit</b> 9:15am-10:00am Sean -- Room 1	 9:00am-10:00am Lisa -- Room 1	
<b>Move to Lose</b> 11:05am-11:50am Georgie -- Room 1	<b>Chair Yoga</b> 12:00pm-12:45pm Allison -- Room 1	 10:00am-11:00am Jen M. -- Room 1	<b>Chair Yoga</b> 12:00pm-12:45pm Julie C. -- Room 1	<b>Gentle Yoga</b> 10:05am-10:50am Julie C. -- Room 1	 10:05am-11:05am Lisa -- Room 1	
<b>Dance for PD</b> 12:00pm-12:45pm Georgie -- Room 1	 4:30pm-5:30pm Julie W. -- Room 1	<b>Move to Lose</b> 11:05am-11:50am Georgie/Julie C. -- Room 1	 4:30pm-5:30pm Julie W. -- Room 1	<b>Move to Lose</b> 11:05am-11:50am Julie C. -- Room 1		<b>Room Guide</b> 1 = Aerobic Studio 2 = Cycling Studio 3 = Lap Pool 4 = Therapy Pool 5 = Physical Therapy Office 6 = Wellness Conf. Room
	 5:40pm-6:40pm Todd -- Room 1	<b>DTD for PD</b> 12:00pm-12:45pm Georgie/Julie C. -- Room 1	 5:40pm-6:40pm Todd -- Room 1			
 5:30pm-6:00pm Todd -- Room 1		 5:15pm-5:45pm Theresa -- Room 1				
 6:00pm-6:45pm Georgie -- Room 1		 5:45pm-6:30pm Dianne -- Room 1				

# Water Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Walk to Lose</b> 7:15am-8:00am Rhonda -- Room 3	<b>Water Boot Camp</b> 7:00am-8:00am Joy -- Room 3	<b>Walk to Lose</b> 7:15am-8:00am Rhonda -- Room 3	<b>Water Boot Camp</b> 7:00am-8:00am Joy -- Room 3	<b>Water Boot Camp</b> 8:00am-9:00am Penny -- Room 3	<b>Aqua Pilates</b> 8:00am- 8:55am Pam -- Room 4	
<b>Water Boot Camp</b> 8:00am-9:00am Rhonda -- Room 3	<b>Social Butter</b> 8:10am-9:00am Joy -- Room 3	<b>Water Boot Camp</b> 8:00am-9:00am Rhonda -- Room 3	<b>Deep Energy</b> 8:05am-8:50am Joy -- Room 3	<b>Aqua Fit</b> 9:05am-10:05am Penny -- Room 3	<b>Walk to Lose</b> 8:15am-9:00am Penny -- Room 3	
<b>Aqua Fit</b> 9:05am-10:05am Rhonda -- Room 3	<b>Shallow Water</b> 9:05am-10:05am Joy -- Room 3	<b>Aqua Fit</b> 9:05am-10:05am Rhonda -- Room 3	<b>Shallow Water Circuit</b> 9:05am-10:05am Joy -- Room 3	<b>Water Works</b> 9:30am-10:30am Dennis -- Room 4	<b>Water Works</b> 9:00am-10:00am Dennis -- Room 4	
<b>Water Works</b> 9:30am-10:30am Dennis -- Room 4	<b>Water Works</b> 10:30am-11:30am Dennis -- Room 4	<b>Water Works</b> 9:30am-10:30am Dennis -- Room 4	<b>Water Works</b> 10:30am-11:30am Joy -- Room 4	<b>Aqua Groove</b> 10:30am-11:30am Joy -- Room 3	<b>Aqua Fit</b> 9:00am-10:00am Penny -- Room 3	
<b>Aqua Groove</b> 10:05am-11:00am Rhonda -- Room 3	<b>Water Works</b> 2:30pm-3:30pm Joy -- Room 4	<b>Aqua Groove</b> 10:05am-11:00am Rhonda -- Room 3	<b>Water Works</b> 2:30pm-3:30pm Dennis -- Room 4	<b>Ai Chi</b> 11:40am-12:25am Joy -- Room 4		
<b>Water Works</b> 10:35am-11:35am Joy -- Room 4	<b>Water Waves</b> 5:40pm-6:40pm Pam -- Room 3		<b>Aqua Pilates</b> 5:40pm-6:40pm Pam -- Room 3			
<b>Water Works</b> 1:30pm-2:30pm Joy -- Room 4	<b>Water Works</b> 6:45pm-7:45pm Pam -- Room 4	<b>Water Works</b> 1:30pm-2:30pm Penny -- Room 4	<b>Aqua Restore</b> 6:45pm-7:45pm Pam -- Room 4			
<b>Water Works</b> 5:30pm-6:30pm Dennis -- Room 4		<b>Water Works</b> 5:30pm-6:30pm Dennis -- Room 4				
<b>TABAQUA</b> 5:40pm-6:40pm Pam -- Room 3		<b>Deep Energy</b> 5:40pm-6:40pm Penny -- Room 3				
<b>Pi-Yo-CHI</b> 6:45pm-7:45pm Pam -- Room 4		<b>Water Works</b> 6:45pm-7:45pm Penny -- Room 4				
					<b>Family Swim</b> (Lap Pool Only) Friday: 2:00pm-6:00pm Saturday: 12:00pm-3:00pm Sunday: 12:00pm-3:00pm	<b>Room Guide</b> 1 = Aerobic Studio 2 = Cycling Studio 3 = Lap Pool 4 = Therapy Pool 5 = Physical Therapy Office 6 = Wellness Conf. Room