

# June 2019 FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-7:45AM Reynolds Riders (12) Julie <b>Lake Club</b>	5:15-6:00AM STRONG Courtney Lake Club <b>Canceled 6/4</b>	7:00-7:45AM Reynolds Riders (12) Julie <b>Lake Club</b>	5:15-6:00AM STRONG Courtney Lake Club <b>Canceled 6/6</b>	7:30-8:15AM Reynolds Riders (12) Jeryl <b>Lake Club</b>	8:00-9:00AM Reynolds Riders (12) Julie <b>Lake Club</b>
7:30-9:00AM SUP Yoga Sue <b>Lake Club Beach</b> <b>Canceled 6/24</b>	7:00-7:45AM Reynolds Riders (12) Jeryl Lake Club	7:30-8:15AM Circuit 360 (12) Vanessa <b>Lake Club Downstairs</b>	7:00-7:45AM Reynolds Riders (12) Jeryl <b>Lake Club</b>	8:00-8:45AM Body Sculpt Vanessa <b>Landing</b>	8:00-9:00AM KYA (10) Courtney Lake Club <b>Canceled 6/1</b>
7:30-8:15AM Circuit 360 (12) Vanessa <b>Lake Club Downstairs</b>	8:00-8:45AM Body Sculpt (16) Vanessa Landing	7:30-8:30AM Morning Yoga Diane <b>Gazebo</b>	8:30-9:25AM Weights Debbie <b>Lake Club</b>	8:30-9:30AM Body Sculpt (17) Angel <b>Lake Club</b>	9:00-9:45AM Body Sculpt Julie <b>Lake Club</b>
8:00-8:45AM Body Sculpt (18) Jeryl <b>Landing</b>	8:30-9:15AM TRX Beyond Basics (6) Jeryl Gazebo	8:00-8:45AM Body Sculpt (18) Jeryl <b>Landing</b>	8:30-9:15AM TRX Beyond Basics (6) Jeryl <b>Gazebo</b>	8:30-9:25AM Aqua Fitness Debbie <b>LC Indoor Pool</b>	9:00-10:00AM Easy Flow Yoga Diane <b>Gazebo</b>
8:30-9:30AM Body Sculpt (17) Angel <b>Lake Club</b>	8:30-9:25AM Weights Debbie Lake Club	8:00-9:00AM Body Sculpt (17) Angel <b>Lake Club</b>	8:30-9:15AM Body Sculpt (18) Julie <b>Landing</b>	8:45-9:30AM Cardio Interval (16) Vanessa <b>Landing</b>	9:30-10:30AM Aqua Zumba Courtney <b>LC Indoor Pool</b> <b>Canceled 6/1</b>
8:30-9:25AM Aqua Fitness Debbie <b>LC Indoor Pool</b>	9:00-10:00AM Yoga Diane Great Waters	8:30-9:25AM Aqua Fitness Debbie <b>LC Indoor Pool</b>	9:00-10:00AM Adv. Swim Angel <b>LC Indoor Pool</b>	9:00-10:00AM Total Cond/Golfers (6) Jeryl <b>Gazebo</b>	10:30-11:25AM Zumba Page <b>Lake Club</b>
8:45-9:30AM Body Sculpt (18) Julie <b>Landing</b>	9:00-10:00AM Balance Barre (6) Vanessa Landing	8:45-9:30AM Cardio Interval (12) Jeryl <b>Landing</b>	9:30-10:25AM Pilates Jeryl <b>Lake Club</b>	9:30-10:25AM Happy Hour Barre(12) Page <b>Lake Club</b> <b>Canceled 6/7</b>	
9:30-10:30AM Cardio Interval (16) Vanessa <b>Landing</b>	9:00-10:00AM Adv Swim Angel <b>LC Indoor Pool</b>	9:05-9:50AM Gentle Stretch Angel <b>Gazebo</b>	10:00-10:45AM Beginner Swim Angel <b>LC Indoor Pool</b>	10:00-11:00AM Aqua Combo Fit n Fun Julie D <b>LC Indoor Pool</b>	
9:30-10:20AM Pilates w/ball (12) Jeryl <b>Gazebo</b>	9:30-10:30AM Line Dancing Page Lake Club <b>Canceled 6/4</b>	9:30-10:15AM Power Barre (16) Vanessa <b>Lake Club</b>	10:30-11:30AM Zumba Page <b>Lake Club</b>	10:00-10:45AM Begin Gentle Stretch Angel <b>Gazebo</b>	
9:30-10:25AM Tai Chi (Beg) (12) David <b>Lake Club</b>	9:30-10:15AM TRX Basics (6) Jeryl <b>Gazebo</b>	10:00-11:00AM Aqua Combo Fit n Fun Julie D <b>LC Indoor Pool</b>	10:30-12:00PM Yoga for All Levels Sue <b>Gazebo</b>	10:30-11:30AM Zumba Page <b>Lake Club</b>	
9:30-10:30 AM Aqua Combo Fit n Fun Julie D <b>LC Indoor Pool</b>	10:00-10:45AM Beginner Swim Angel <b>LC Indoor Pool</b>	10:30-11:45AM Yoga for All Levels Sue <b>Gazebo</b>	11:00-12:00PM Aqua Fusion Julie D <b>Lake Club</b>	11:00-11:45AM TRX Basic (7) Angel <b>Gazebo</b>	
10:30-11:30AM Power Barre (16) Vanessa <b>Lake Club</b>	10:30-11:30AM Total Cond. for Golfers (6) Jeryl <b>Gazebo</b>	11:45-12:30PM TRX Basic (7) Angel <b>Gazebo</b>	11:30 -12:00PM Gentle Stretch Page <b>Lake Club</b> <b>Canceled 6/6</b>	4:00-5:00PM Beginner Tai Chi (12) David <b>Lake Club</b>	
10:30- 11:45AM Power Yoga Diane <b>Gazebo</b>	10:35-11:30AM Zumba Page <b>Lake Club</b>	12:45-1:45PM Sit & Be Fit Yoga (11) Diane <b>Gazebo</b>	12:00-1:00PM Line Dancing Page <b>Lake Club</b> <b>Canceled 6/6</b>	5:00- 5:30PM Advanced Tai Chi David <b>Lake Club</b>	
12:00-1:00PM Sit & Be Fit Yoga (11) Diane <b>Gazebo</b>	11:00-12:00PM Aqua Fusion Julie D <b>Lake Club</b>	4:15-5:00PM TRX Beyond Basics (6) Jeryl <b>Gazebo</b>	12:15-1:15PM Gentle Golf Yoga Sue <b>Gazebo</b>		
1:30-2:45PM Yoga For All Levels Sue <b>Gazebo</b>	11:30-1:00PM Gentle Stretch Page <b>Lake Club</b> <b>Canceled 6/4</b>	5:30-6:15PM Reynolds Riders (12) Jeryl <b>Lake Club</b>	4:00-5:00pm Line Dancing Page <b>Lake Club</b> <b>Canceled 6/6</b>		
4:15-5:00 PM TRX Beyond Basics (6) Jeryl <b>Gazebo</b>	11:30 - 1:00PM Stretch & Restore Sue <b>Gazebo</b> <b>Canceled 6/4, 6/25</b>		5:15-6:15PM Restorative Yoga Page <b>Gazebo</b> <b>Canceled 6/6</b>		
5:30-6:15PM Reynolds Riders (12) Jeryl <b>Lake Club</b>	1:15 - 2:15PM Core Yoga Sue <b>Gazebo</b>				
	2:30-3:30PM Yoga for Golfers Sue <b>Gazebo</b>				
	4:30-5:15 Reynolds Riders Julie <b>Lake Club</b>				
	4:30-6:00PM SUP Yoga Sue <b>Lake Club Beach</b> <b>Canceled 6/25</b>				
	5:15-6:15PM Restorative Yoga Page <b>Gazebo</b> <b>Canceled 6/4</b>				
	5:30-6:15PM STRONG <b>Lake Club</b> <b>Canceled 6/4</b>				



**Unlimited monthly group fitness pass \$50. Drop in fee \$10 per class**  
**Drop in charges cannot be converted to a monthly pass.**  
**Online registration opens 48 hours prior to class**

Great Waters
LC Indoor Pool
Gazebo
Lake Club
Landing