

# Lakeside Rehab Wellness Center 2016 Schedule

Monday	Tuesday	Weds	Thursday	Friday	Saturday
<b>Morning Classes</b>					
Fundamental Fitness 6:00-7:00am		Fundamental Fitness 6:00-7:00am		Fundamental Fitness 6:00-7:00am	
Yoga Fusion 9:00-10:00am	Total Fitness 9:00-10:15am	Yoga Fusion 9:00-10:00am	Total Fitness 9:00-10:15am	Yoga Fusion 9:00-10:00am	Buns and Guns 9:00-10:00am
Zumba w/ Rosario 10:00-11:00am	*Women's Self Defense 10:30-11:30 Starting 5/17	Zumba w/ Rosario 10:00-11:00am	Stretch & Relax 10:30-11:45am	Step Class Starts 4/22 10:15-11:15am	Zumba w/ Lupe 10:00-11:00am
Everything Fitness 11:00-12:00pm		Everything Fitness 11:00-12:00pm		Everything Fitness 11:00-12:00pm	
<b>Afternoon Classes</b>					
Tai-Chi 12:00-1:00pm	Balance & Stability 12:00-1:00 pm		Balance & Stability 12:00-1:00 pm	Tai-Chi 12:00-1:00pm	Martial Arts 12:00-1:00pm
Strength Training 1:00-2:00pm	Back on Track 1:00-2:00pm	Strength Training 1:00-2:00pm	Back on Track 1:00-2:00pm	Strength Training 1:00-2:00pm	*Kids Yoga 1:00-2:00pm 4/9-5/15
	Tumbling 4:00-5:00pm 4/12-6/30	*Senior Yoga 2:30-3:30pm			<b>Closed @ 2:00pm</b>
Stretch and Relax (Ann) 4:00-5:00pm	Kick-boxing (Evan) 4:00-5:00pm			*Women's Self Defense 4:30-5:30 Starting 5/22	
	Cycling w/Evan 5:00-6:00pm	Martial Arts 4:30-5:30	*Teen Circuit Starting 4/26 5:15-6:00		
Martial Arts 4:30-5:30	Tumbling 5:00-6:00pm 5/12-6/30	*Total Control 4:00-5:15pm			
<b>Evening Classes</b>					
Yoga Fusion 5:30-6:30pm	*Teen Circuit Starting 4/26 5:15-6:00	Yoga Fusion 5:30-6:30pm	Martial Arts 5:00-6:00pm	<b>Closed @ 6:00pm</b>	
	*Yoga Love, Yoga Life! 4/9-5/15 6:00-7:00pm				
Buns & Gun 6:30-7:30	Fundamental Fitness 6:00-7:00am	Buns & Gun 6:30-7:30	Fundamental Fitness 6:00-7:00am		

Downtown Gym hours: 5am-8pm MTWT, Friday 5am-6pm, Sat 6am-2pm  
 Rehab location hours: 5am-8pm MTWT, Friday 5am-6pm, Sat 7am-12pm

\*Indicates specialty pricing. Schedule subject to change

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	Cycling w/Evan 7:00-7:45pm	Prenatal Yoga 7:00-8:00pm	Cycling w/Evan 7:00-7:45pm		
Monday	Tuesday	Weds	Thursday	Friday	Saturday
Open Swim 5:00-9:00am	Open Swim 5:00-9:00am	Open Swim 5:00-9:00am	Open Swim 5:00-9:00am	Open Swim 5:00-9:00am	Open Swim 7:00am-12:00pm
<b>Morning Classes</b>					
Aqua Fit (Evan) 7:30-8:15am	Hydro Fit (Ann) 6:00-7:00am	Aqua Fit (Evan) 7:30-8:15am	Hydro Fit (Ann) 6:00-7:00am	Yoga Fusion 9:00-10:00am	<b>Closed @ 12:00pm</b>
Arthritis (MaryAnn) 10:00-11:00am		Arthritis (MaryAnn) 10:00-11:00am			
Aqua Fit (Ann) Comfort Inn 10:00-11:00am	Open Swim 12:00-2:00pm	Aqua Fit (Ann) Comfort Inn 10:00-11:00am	Open Swim 12:00-2:00pm	Aqua Fit (Ann) Comfort Inn 10:00-11:00am	
Open Swim 12:00-1:00pm	Water Wellness (Mary Ann) 3:30-4:30pm	Open Swim 12:00-1:00pm	Water Wellness (Mary Ann) 3:30-4:30pm	Open Swim 12:00-1:00pm	
<b>Morning Classes</b>					
	Hydro Fit (Ann) 4:30-5:30pm		Hydro Fit (Ann) 4:30-5:30pm	Open Swim 3:30-6:00pm	
	Swim Lessons		Swim Lessons	<b>Closed @ 12:00pm</b>	
Open Swim 6:00-8:00pm	Swim Lessons	Open Swim 6:00-8:00pm	Swim Lessons		

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 Rehab location hours: 5am-8pm MTWT, Friday 5am-6pm, Sat 7am-12pm

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