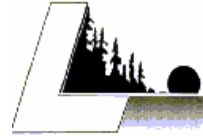


**FITNESS SCHEDULE**  
**Lakeshore Recreation** 832-9027  
 Fitness Classes 2010



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 am	Leah's Basic Training		Step It Up	Yoga	Total Body Workout	Pump It Up	
10:30 am	Forever Young	Pilates	Forever Young Cardio/Yoga	Pilates	Forever Young Strength/Balance		
4:30 pm							
12:10 pm							
6:00 pm							
7:00 pm	Pump It Up	20/20/20 Cardio/Core/Calm		Cardio / Muscle Gymsticks			
7:00 pm	*Spinning	*Spinning	Spinning				
8:10 pm	Yoga		Yoga				

Management reserves the right to cancel or re-schedule classes at any time

\*Evening spinning to start mid to late October.

\*\*schedule is subject to change.