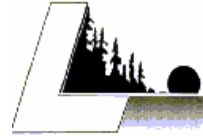


FITNESS SCHEDULE
Lakeshore Recreation 832-9027
 Fitness Classes Fall 2010



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 am - 10:15 am	Leah's Basic Training	X-treme Circuits	Step It Up	Yoga	Total Body Workout		
10:30 - 11:30 am	Forever Young Muscle	Pilates	Forever Young 20/20/20	Pilates	Forever Young Cardio/ Sculpt		Max Step & Muscle
7:00 - 8 pm	Pump It Up	20/20/20	X-treme Circuits	Gymsticks Cardio/ Muscle			
7:00 - 8 pmpm	*Spinning	*Spinning	*Spinning	*Spinning			
8:10 - 9:10 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.