



EXERCISE CLASSES

LAKE ISLE SENIOR CENTER

ADULTS 60+

April Schedule

Transportation is available to residents for early classes

MONDAYS

9:30AM **LINE DANCING** with THERESA
12:30PM **STRENGTH AND BALANCE** with SONYA

TUESDAYS

8:30AM **LOW IMPACT EXERCISE** with GRACE
9:30AM **MUSCLE TONING** with PATRICIA

WEDNESDAYS

9:30AM **TAP DANCING** with PAULA
12:30PM **ENERGIZING EXERCISE** with EVEY

THURSDAYS

9:15AM **INTERMEDIATE LINE DANCING** with THERESA

FRIDAYS

8:30AM **EXERCISE VIDEO**
12:30 PM **CHAIR YOGA** with PEGGY (1:00pm on 4/7)

**RESIDENTS: \$3.00 DONATION INCLUDES LUNCH;
OR \$3.00 ACTIVITY FEE (No Activity Fee for 8:30 classes)**

**NON-RESIDENTS: \$4.00 DONATION INCLUDES LUNCH;
OR \$4.00 ACTIVITY FEE (No Activity Fee for 8:30 classes)**

**FOR REGISTRATION AND INFORMATION
CALL 337-0390**