



# EXERCISE CLASSES

LAKE ISLE SENIOR CENTER

ADULTS 60+

## March 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 (Center Closed 3/9 & 3/30)

9:15AM INTERMEDIATE LINE DANCING with THERESA  
10:15AM CHAIR YOGA with PEGGY (3/2 AND 3/23)

### FRIDAYS (Center Closed 3/3, 3/24 & 3/31)

8:30AM EXERCISE VIDEO  
1:00 PM CHAIR YOGA with PEGGY (3/10 & 3/17)

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