



EXERCISE CLASSES

LAKE ISLE SENIOR CENTER

ADULTS 60+

May Schedule

Transportation is available to residents for early classes

MONDAYS (Center closed 5/29)

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 5/4, 5/11 & 5/18)

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

FRIDAYS (Center closed 5/19)

8:30AM **EXERCISE VIDEO**
1:00 PM **CHAIR YOGA** with PEGGY (12:30pm on 5/26)

**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**