



# EXERCISE CLASSES

THE CENTER AT LAKE ISLE

ADULTS 60+

## MONDAYS

12:15PM

EXERCISE with LINDA  
(Intermediate to Advanced)

## TUESDAYS

8:30AM

EARLY BIRD EXERCISE with GRACE  
(Lawrence Hospital Physical Therapy)  
(Intermediate to Advanced)

9:30AM

EXERCISE with PATTI (Beginners - Slow Pace)

## WEDNESDAYS

12:30PM

EXERCISE with EVEY

## FRIDAYS

9:30AM

LITE EXERCISE with MARYANNE

## SPECIAL CLASSES

TAI CHI and ZUMBA: Call Center for Schedule

**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**