



EXERCISE CLASSES

LAKE ISLE SENIOR CENTER

ADULTS 60+

February Schedule

Transportation is available to residents for early classes

MONDAYS (Center closed 2/20)

9:30AM LINE DANCING with THERESA

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

9:30AM INTERMEDIATE LINE DANCING with THERESA

FRIDAYS

8:30AM EXERCISE VIDEO

9:30AM STRENGTH & BALANCE with SONYA (2/3 & 2/17)

9:30AM ZUMBA GOLD with PATRICIA (2/10 & 2/24)

12:30PM CHAIR YOGA with PEGGY (2/24)

1:00 PM CHAIR YOGA with PEGGY (2/3, 2/10, 2/17)

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