

# Lake Palestine Group Fitness Schedule

Monday			
Time	Class	Instructor	Location
8:00 AM	Pilates	Renee	Fitness Center Studio
8:00 AM	Water Works	Leslie	Aquatics Center
10:00 AM	Ripples	Leslie	Aquatics Center
11:00 AM	Tai Chi	Tim	Fitness Center Studio

Tuesday			
Time	Class	Instructor	Location
9:00 AM	Water Works	Leslie	Aquatics Center
9:30 AM	Senior Sneakers	Karen	Fitness Center Studio
11:00 AM	Yoga	Melinda	Fitness Center Studio

Wednesday			
Time	Class	Instructor	Location
8:00 AM	Pilates	Renee	Fitness Center Studio
8:00 AM	Water Works	Leslie	Aquatics Center
10:00 AM	Ripples	Leslie	Aquatics Center
11:00 AM	Tai Chi	Tim	Fitness Center Studio

Thursday			
Time	Class	Instructor	Location
9:00 AM	Water Works	Leslie	Aquatics Center
9:30 AM	Senior Sneakers	Karen	Fitness Center Studio
11:00 AM	Yoga	Melinda	Fitness Center Studio

Friday			
Time	Class	Instructor	Location
8:00 AM	Pilates	Renee	Fitness Center Studio
8:00 AM	Water Works	Leslie	Aquatics Center
10:00 AM	Ripples	Leslie	Aquatics Center
10:00 AM	PiYo	Lisa	Fitness Center Studio

**Note: Classes and instructors are subject to change.**

**Pilates** - Pilates is an exercise program which improves muscle strength, control, flexibility and coordination through fluid body movements that utilize the spine and deep muscle groups.

**Pi-Yo** – Enjoy the benefits of yoga in a faster paced class that mixes in the core strengthening exercise of Pilates. All movements are taught on a basic level so individuals of all ability levels will benefit from this class.

**Senior Sneakers** – Designed for our older clientele, this fun and exciting exercise class is specifically designed to improve cardiovascular fitness, balance, and flexibility and strength.

**Tai Chi** - This time-tested fitness program combines smooth and circular body movements with mental relaxation and focus. Tai Chi is a slow-paced, low-impact exercise that builds strength, increases flexibility and enhances balance

**Yoga** - Focusing on movement corresponding with breath, this one hour class flows from one pose to the next improving strength, balance, as well as reducing stress and tension within the body. Utilizing modifications of the poses, yoga is appropriate for all fitness levels.

### Ripples

Ripples is a fun, full body workout performed at a slower pace – perfect for the beginner to intermediate level participant who does not know how to swim. The class uses “noodles” and other types of resistance equipment to improve strength and endurance.

### **Water Works**

Water Works is a complete non-impact workout that combines a variety of exercise techniques to improve muscular strength and cardiovascular conditioning. This class is designed for the intermediate to advanced level participant. Different levels of resistive equipment and exercises are implemented in this class.

### **Pool Activities**

#### **Open Swim**

During open swim, both lap swimming and individual exercise are allowed. Please be respectful of other users to allow for efficient use of the pool.

#### **Classes**

During classes the pool is prioritized for group instruction under the guidance of an instructor. Individual exercise may be limited during these times based on the number of participants in the class. Members should follow the direction of the instructor.

#### **Therapy**

During therapy time the pool is open for general pool usage, excluding lap swimming. Therapy sessions may be conducted at 11:00am and 2:00pm. If you engage in individual exercise when therapy is being conducted please do not interfere with therapy sessions.

**903-590-5967**

