



# Lake & Shore

Community Recreation  
Centre

902-827-.2700

[www.lakeandshorerec.ca](http://www.lakeandshorerec.ca)

Time:	Mon	Tues	Wed	Thurs	Fri
9-10 am	<b>20x3</b> Cardio Weights Core Shaunna M.		Combat Class Jeanette Reynolds		TRX & Spin  Anne MacNeil
10:15-11:15		<b>All Level Yoga</b> Shaunna McNamara		<b>All Level Yoga</b> Shaunna McNamara	Gentle Yoga Kathleen Manson
6:15-7 pm				<b>Pedal &amp; Pump</b> Angela MacLeod	
7-8 pm	Combat Class Jeanette Reynold	<b>Yoga &amp; Pilates Blend</b> Shaunna McNamara			
7:30-8:30pm			<b>Zumba</b> Trina Oickle- Pottie	Yoga Brittany Rogers	

Please call or Facebook message us day of or day before to reserve your spot for classes.

Drop in Rates: Seniors 55+ \$7.50 Adults \$ 8.50  
**SAVE \$\$** 10 Pass Punch Card Seniors \$65 Adults \$75

If school is cancelled centre will be closed and all classes are cancelled.

**No classes on Following holidays:** October 11, November 11, February 21, March 14-18 , April 15, April 18, May 20, May 23

**No Classes Dec 16– Jan 3 .** Classes resume January 4, 2022.  
All classes end June 17 ,2022

20x3 : Starting Mon Sept 13 9-10 am - Shuana McNamara. 20 mins cardio, 20 mins strength, 20 mins core. Great full body workout.

Combat Class starting Wed Sept 15 ,9-10am –Jeanette Reynolds. Full body strength and cardio workout that uses martial arts and kickboxing. Great workout for all levels.

All Level yoga Tuesday & Thursday starting Sept 14/Sept 16 10:15-11:15am - Shauna McNamara Class incorporating vinyasa with focus on strength and core.

Zumba: Starting Wed Sept 15 7:30-8:30pm - Trina Oickle-Pottie. Latin and international music inspired cardio workout. Dance & have fun!

Yoga & Pilates Blend Starting Tues Sept 14 7-8pm—Shauna McNamara  
Blend between pilates and yoga. Great full body & core workout.

TRX & Spin Starting Fri Sept 17 9-10am—Anne MacNeil . TRX suspension training for strength and spin for cardio.

Gentle Yoga starting Friday Oct 8 10:15-11:15 am-Kathleen Manson. Mindful gentle yoga flow with any modifications as needed. Great for all levels including beginners.

## Starting in October

Combat Class Starting Mon Oct 4 7-8pm—Jeanette Reynolds

Pedal & Pump Starting Thurs Oct 7 6:15-7pm— Angela MacLeod . Great full body weight workout with spin for cardio.

Yoga Starting Thurs Oct 7 7:30-8:30pm—Brittany Rogers.