



Lake & Shore

Community Recreation Centre

902-827-2700

www.lakeandshorerec.ca

Time:	Mon	Tues	Wed	Thurs	Fri
8:30-9:30am		Iron Circuit Sara Philpitt		Iron Circuit Sara Philpitt	
9-10 am	20x3 Cardio Weights Core Shaunna M.				Healthy Seniors Anne MacNeil
10:15-11:15				All Level Yoga Shaunna McNamara	
6:15-7:00		Total Body Shaping Shaunna McNamara		Pedal & Pump Angela MacLeod	
7:15-8:15pm		Yoga Shaunna McNamara			
7:30-8:30pm			Zumba Trina Oickle- Pottie	All Level Yoga Brittany Rogers	

Please call 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

NO CLASSES Feb 15, March 15-19, Apr 2 & 4, May 21 & 24

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