



902-827-2700
www.Lakeandshorerec.ca

Classes highlighted in yellow require registration.

Classes highlighted in blue require booking spot each week. All other classes are drop-in.

Adult Programs

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-9:45am	Kid Friendly Bootcamp with Shaunna		Kid Friendly Total Body Shaping With Sara	Step & Pump With Shaunna	Kid Friendly HIIT Class With Sara	
11am-12pm		Yoga for Mobility With Mary Eliza				
1-2pm				Silver Fit With Yovana		
2-3pm			Silver Boots With Yovanna			
3:15-4:15pm	TRX With Sara		Pedal & Pump With Angela			
6:05-7:05pm		Modern Line Dancing With Yovana				
6:15-7pm				Pedal & Pump With Angela		
6:30-7:30pm			Adult Tap With Cassidy Closed Session		Intro Dance Workshops With Yovana	
7-8pm	"NEW" Kid Friendly Total Body with Anne				Card Making workshops 6:30-8pm With Nicole	
7:15-8:15pm		Yoga & Pilates Blend With Shaunna				
7:35-8:35pm			Zumba With Trina	"NEW" TRX & Rebounder Series		
8:15-9:30pm			Drop-in Adult Basketball			



Adult Fitness & Dance

Adult fitness classes are drop-in only. Dance classes require registration.

Drop-in rates are \$8.50 Adults, \$7.50 Seniors. Save and purchase a 10-visit pass; Adults \$75, Seniors \$65.

No Classes: Dec 20 - Jan 3 (start back Jan 6), Feb 15, Feb 17, March 10-14, April 18-21, May 17, May 19.

All Fitness classes end week of June 9-13.

Monday		
Kid Friendly Bootcamp Starts Jan 6-June 9 9-9:45am	Led by: Shaunna Full body bootcamp using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent.	Drop-in rate
TRX Starts Jan 6-June 9 3:15-4:15pm	Led by: Sara Total resistance exercises using TRX suspension and participants body weight.	Drop-in rate
"NEW" Kid Friendly Total Body Workout Starts Jan 6-June 9 7-8pm	Led by: Anne Full Body Cardio & weight class. Class at times will use TRX. Area will be set up for kids to play. Kids are responsibility of parent.	Drop-in rate

Tuesday		
Yoga for Mobility 55+ Starts Jan 7-June 10 11am-12pm	Led by: Mary Eliza Senior yoga in a chair, great for people with mobility issues.	Drop-in rate
Yoga & Pilates Blend Starts Jan 7-June 10 7:15-8:15pm	Led by: Shaunna Great core & full body workout. All levels.	Drop-in rate
Modern Line Dancing Starts Jan 7-April 15 (No class Mar 11) 6:05-7:05pm	Led by: Yovana A variety of rhythms including Latin, swing, country and more. No partner required.	\$ 180

Wednesday

Kid Friendly Total Body Shaping Starts Jan 8-June11 9-9:45am	Led by: Sara Full body workout using a variety of equipment. Area will be set up for kids to play. Kids are responsibility of parent	Drop-in rate
Silver Boots 50+ Starts Jan 8 -June 11 2-3pm	Led by: Yovana Senior Line dancing. While for seniors all ages welcomed.	Drop-in rate
Pedal & Pump Starts Jan 8 – June 11 3:15-4:15pm	Led by Angela Full Body workout with spin for cardio & weights. Please call to reserve bike.	Drop- in rate
Zumba Starts Jan 8-June 11 7:35-8:35pm	Led by: Trina Latin & international music inspired cardio workout.	Drop-in rate

Thursday

Step & Pump Starts Jan 9-June12 9-9:45am	Led by: Shaunna Step with weights.	Drop-in rate
Silver Fit 50+ Starts Jan 9 -June12 1-2pm	Led by: Yovana Senior chair class with weights. While for seniors all levels and ages welcomed.	Drop-in rate
Pedal & Pump Starts Jan 9-June 12 6:15-7pm	Led by: Angela Full body workout with spin for cardio. Please call to reserve bike.	Drop-in rate

<p>TRX & Rebounder Series 7:35-8:35 pm</p> <p>Each series is 4 weeks \$34</p> <p>Jan 16-Feb 6</p> <p>Feb 13- Mar 6</p> <p>Mar 20-Apr 10</p>	<p>Led by Anne. This is a great cardio and strength class. Rebounder is a mini trampoline and low impact workout. Jumping is not only great for your core and legs but also boost lymphatic circulation. TRX is also good for all levels of fitness and was originally designed to train Navy seals. This part of class is excellent for strength training and endurance.</p>	<p>\$34 For 4 weeks</p>
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Friday		
<p>Kid Friendly HIIT Class Starts Jan 10-June 13 9-9:45am</p>	<p>Led by: Sara High intensity interval & strength training with weights. Area will be set up for kids to play. Kids are responsibility of parent.</p>	<p>Drop-in rate</p>



Adult programs

Wednesday		
<p>Drop-in Adult Basketball 18+ Jan 15 - May 7 (no basketball March 12) 8:15-9:30pm</p>	<p>Please bring water bottle and indoor shoes.</p>	<p>\$8 Drop-in</p>

Friday		
<p>Intro Dance Workshops Jan 10-31 Line dancing Feb 28-Mar 28 Latin dance (No class March 14) 6:30-7:30pm</p>	<p>Led by: Yovana An introduction to a variety of rhythms including Latin, swing, country and more. No partner required.</p>	<p>\$52 for each work- shop</p>

Friday

Card Making Workshops	Led by: Nicole Bardsley	15\$ for each work- shop
All Occasion Cards February 7	All workshops time: 6:30pm -8pm	
Easter Cards March 7	You will make 3 cards total for each workshop.	
Birthday Cards April 4	Need a sitter Register kids for a Fun Friday.	