

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gentle Yoga 8 – 9:15am	Essentrics 8:30 – 9:30am	Yin Yoga 8 – 9:15am	Essentrics 8:30 – 9:30am	Yin Yang Yoga 8 – 9:15am	Spin Bootcamp HIGH INTENSITY 9:00 – 10:30am	Essentrics 9:00 – 10:00am
Elderfit Aquacize 10 – 10:45am	Elderfit Aquacize 10 – 10:45am	Elderfit Aquacize 10 – 10:45am	Elderfit Aquacize 10 – 10:45am	Elderfit Aquacize 10 – 10:45am		Power Flow Yoga 10:15 – 11:15am
Gentle Yoga 10 – 11:15am		Yin Yoga 10 – 11:15am		Yin Yoga 10 – 11:15am	Pilates MODERATE INTENSITY 11am – 12pm	
Full Body Workout MODERATE INTENSITY 12 – 1pm	Aqua Fitness 12 – 12:45pm	Full Body Workout MODERATE INTENSITY 12 – 1pm	Aqua Fitness 12 – 12:45pm	Full Body Workout MODERATE INTENSITY 12 – 1pm	 <p>OPEN STUDIO AT THE LCLC</p> <p>LOOKING FOR SPACE TO DO YOUR OWN WORKOUT?</p> <p>Drop-in for open studio at the LCLC with equipment available including yoga mats, stability balls, weight balls, rowing machine and spin bikes. Times available when there are no active living classes. Call 902-530-4100 to book. FREE for members or drop-in fee.</p>	
Pilates MODERATE INTENSITY 1:15 – 2:15pm		Power Stretch MODERATE INTENSITY 1:15 – 2:15pm	Spin for Seniors MODERATE INTENSITY 1:30 – 2:30pm	Pilates MODERATE INTENSITY 1:15 – 2:15pm		
LCLC Spin HIGH INTENSITY 6 – 7pm	Pilates MODERATE INTENSITY 5:15 – 6:15pm		LCLC Spin LOW INTENSITY 5:45 – 6:45pm			
Hatha Flow Yoga 7:15 – 8:30pm	Circuit HIGH INTENSITY 6:30–8:00pm		Hatha Flow Yoga 7 – 8:15pm	Spin Pump MODERATE INTENSITY 6 – 7:30pm		



PLEASE NOTE: Classes labeled "Non-LCLC Class" are privately run and not included in the free fitness schedule classes for members. All classes are subject to change. **Pre-Registration for classes is encouraged to ensure your spot in class.**

PRICING SUMMER 2023

All LCLC classes are FREE to annual all-inclusive members.
Non-Members: Drop-In fee \$10 or purchase a Aquafit or Active Living 10 Pass for \$70.

AQUA FITNESS

These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.

CIRCUIT

Circuit Training is a form of body conditioning that involves endurance training, resistance training, high-intensity aerobics, and exercises performed in a circuit, similar to high-intensity interval training. It targets strength building and muscular strength.

FIT BODY

This group workout can vary, but generally includes an intense mix of aerobic, strength training and speed elements. With Sal Fabrikaci

FULL BODY WORKOUT

This workout focuses on upper body, lower body, and core, combining aerobic and strength exercises. With Sal Fabrikaci

GENTLE YOGA

Is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation. With Joanne Green

HATHA FLOW YOGA

Come work on breathing techniques, warming the body and building postures from the ground up. With Joanne Green / Pam Greer

PILATES

Pilates promotes physical harmony and balance for people of all ages and physical condition while providing a refreshing and energizing workout. Regular practice improves your breathing and outlook of life. Pilates is a great way to improve your endurance for other physical activities. Pilates strengthens and stretches your body with control.

POWER STRETCH

Open to all abilities focus on flexibility, joint health, preventing injury and building tone. With Sal Fabrikaci

POWER FLOW YOGA

Build strength, balance and flexibility in this vigorous, all-over, feel-great, Baron Baptiste-inspired hour of vinyasa yoga. With Jennifer MacLeod

SPIN BOOTCAMP

This class is a one-stop shop when it comes to exercise, the first half of the class comprising a spinning ride, and the second half moving off the bike for a full body strength workout. With Sal Fabrikaci

SPIN FOR SENIORS

You can attend a spin class and pedal along while enjoying the scenery or you can go all out with the resistance settings and truly challenge yourself. With Sal Fabrikaci

YIN YANG YOGA

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing. With Pam Greer

AQUA FITNESS

These classes focus on aerobic endurance, resistance training and creating an enjoyable atmosphere with music.



Elderfit is a water exercise program designed for seniors and the physically compromised. Its mission is to raise awareness among seniors to the health and lifestyle benefits of remaining physically and mentally active. Aquacize sessions are taught by trained volunteer facilitators in a stress-free environment. Swimming ability is not required.