

May 2012 Lakeside Physical Therapy & Fitness Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30am - 9:15am Fitness Pilates Class 9:30am - 10:30am Power Yoga 5:00pm - 6:00pm Arthritis Aquatics Class	2 9:00am - 10:00am Vinyasa Flow Yoga 11:00am-12:00pm Arthritis Aquatics Class	3 8:30am - 9:30am Fitness Pilates Class 9:45am - 10:45am Power Yoga 5:00pm - 6:00pm Arthritis Aquatics Class	4 8:30am - 9:30am Fitness Vinyasa Yoga 11:00am-12:00pm Arthritis Aquatics Class	5 10:15am - 11:15am Vinyasa Flow Yoga Intermediate Level
6	7 8:30am - 9:30am Awaken with Hatha Yoga 10:00am - 10:45am Chair Yoga 11:00am - 12:00pm Arthritis Aquatics Class	8 8:30am - 9:15am Fitness Pilates Class 9:30am - 10:30am Power Yoga 5:00pm - 6:00pm Arthritis Aquatics Class	9 9:00am - 10:00am Vinyasa Flow Yoga 11:00am-12:00pm Arthritis Aquatics Class	10 8:30am - 9:30am Fitness Pilates Class 9:45am - 10:45am Power Yoga 5:00pm - 6:00pm Arthritis Aquatics Class	11 8:30am - 9:30am Fitness Vinyasa Yoga 11:00am-12:00pm Arthritis Aquatics Class	12 10:15am - 11:15am Vinyasa Flow Yoga Intermediate Level
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