

February 2010 Lakeside Physical Therapy & Life Enhancement Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat						
1	<p>8:00am - 9:00am Fitness Pilates Class</p> <p>11:00am - 12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	2	<p>8:30am - 9:15am Fitness Yoga</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p> <p>7:00pm - 8:00pm Fitness Yoga</p>	3	<p>9:30 - 10:45 Yoga Flow/Restoratives</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	4	<p>8:30am - 9:30am Fitness Pilates Class</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p>	5	<p>8:30am - 9:30am Fitness Vinyasa Yoga</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p>	6	<p>10:00am - 11:00am Vinyasa Flow Yoga</p>	
7	8	<p>8:00am - 9:00am Fitness Pilates Class</p> <p>11:00am - 12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	9	<p>8:30am - 9:15am Fitness Yoga</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p> <p>7:00pm - 8:00pm Fitness Yoga</p>	10	<p>9:30 - 10:45 Yoga Flow/Restoratives</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	11	<p>8:30am - 9:30am Fitness Pilates Class</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p>	12	<p>8:30am - 9:30am Fitness Vinyasa Yoga</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p>	13	<p>10:00am - 11:00am Vinyasa Flow Yoga</p>
14	15	<p>8:00am - 9:00am Fitness Pilates Class</p> <p>11:00am - 12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	16	<p>8:30am - 9:15am Fitness Yoga</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p> <p>7:00pm - 8:00pm Fitness Yoga</p>	17	<p>9:30 - 10:45 Yoga Flow/Restoratives</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	18	<p>8:30am - 9:30am Fitness Pilates Class</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p>	19	<p>8:30am - 9:30am Fitness Vinyasa Yoga</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p>	20	<p>10:00am - 11:00am Vinyasa Flow Yoga</p>
21	22	<p>8:00am - 9:00am Fitness Pilates Class</p> <p>11:00am - 12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	23	<p>8:30am - 9:15am Fitness Yoga</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p> <p>7:00pm - 8:00pm Fitness Yoga</p>	24	<p>9:30 - 10:45 Yoga Flow/Restoratives</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p> <p>Casey's Tae-Kwan-Do Tiny Tigers 5:45pm-6:15pm Family Class 6:30-7:00pm</p>	25	<p>8:30am - 9:30am Fitness Pilates Class</p> <p>5:30pm - 6:30pm Arthritis Aquatics Class</p>	26	<p>8:30am - 9:30am Fitness Vinyasa Yoga</p> <p>11:00am-12:00pm Arthritis Aquatics Class</p>	27	<p>10:00am - 11:00am Vinyasa Flow Yoga</p>
28	 <p>LAKESIDE PHYSICAL THERAPY and Life Enhancement Center</p> <p>594-2500</p>											