

July 2010 Lakeside Physical Therapy & Life Enhancement Center

Sun

Mon

Tue

Wed

Thu

Fri

Sat



LAKESIDE
PHYSICAL THERAPY
and Life Enhancement Center

594-2500

1

8:30am - 9:30am
Fitness Pilates Class

5:30pm - 6:30pm
Arthritis Aquatics Class

2

8:30am - 9:30am
Fitness Vinyasa Yoga

11:00am-12:00pm
Arthritis Aquatics Class

3

10:00am - 11:00am
Vinyasa Yoga
All Levels

**C
L
O
S
E
D**

5

**FITNESS CENTER
OPEN**

9AM - 2PM

NO CLASSES

6

8:30am - 9:15am
Fitness Yoga

5:30pm - 6:30pm
Arthritis Aquatics Class

7

9:30 - 10:45
Slow Vinyasa/Restoratives

11:00am-12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

8

8:30am - 9:30am
Fitness Pilates Class

5:30pm - 6:30pm
Arthritis Aquatics Class

9

8:30am - 9:30am
Fitness Vinyasa Yoga

11:00am-12:00pm
Arthritis Aquatics Class

10

10:00am - 11:00am
Vinyasa Yoga
All Levels

11

12

11:00am - 12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

13

8:30am - 9:15am
Fitness Yoga

5:30pm - 6:30pm
Arthritis Aquatics Class

14

9:30 - 10:45
Slow Vinyasa/Restoratives

11:00am-12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

15

8:30am - 9:30am
Fitness Pilates Class

5:30pm - 6:30pm
Arthritis Aquatics Class

16

8:30am - 9:30am
Fitness Vinyasa Yoga

11:00am-12:00pm
Arthritis Aquatics Class

17

CANCELLED

10:00am - 11:00am
Vinyasa Yoga
All Levels

18

19

11:00am - 12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

21

8:30am - 9:15am
Fitness Yoga

5:30pm - 6:30pm
Arthritis Aquatics Class

21

CANCELLED

9:30 - 10:45
Slow Vinyasa/Restoratives

11:00am-12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

22

8:30am - 9:30am
Fitness Pilates Class

5:30pm - 6:30pm
Arthritis Aquatics Class

23

8:30am - 9:30am
Fitness Vinyasa Yoga

11:00am-12:00pm
Arthritis Aquatics Class

24

10:00am - 11:00am
Vinyasa Yoga
All Levels

25

26

11:00am - 12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

27

8:30am - 9:15am
Fitness Yoga

5:30pm - 6:30pm
Arthritis Aquatics Class

28

9:30 - 10:45
Slow Vinyasa/Restoratives

11:00am-12:00pm
Arthritis Aquatics Class

Casey's Tae-Kwan-Do
Family Class 6:30-7:30pm

29

8:30am - 9:30am
Fitness Pilates Class

5:30pm - 6:30pm
Arthritis Aquatics Class

30

8:30am - 9:30am
Fitness Vinyasa Yoga

11:00am-12:00pm
Arthritis Aquatics Class

31

10:00am - 11:00am
Vinyasa Yoga
All Levels