



Located at the
TriPoint Medical Center
Physician Pavilion,
Suite 201.

**Class sizes are limited to
10 people, so register early!**



Specialty Classes

Prenatal Yoga

Balance will be enhanced with the practice of the asanas (postures) with breath work, chanting and meditation. You will train the mind to center and relax, which is so beneficial throughout your pregnancy, labor, and childbirth
Physician release required

Joint Soothing Yoga

Joint Soothing Yoga is a program of simple, gentle movements that gradually builds strength, balance and flexibility, improves postural alignment and enhances body awareness in the individual with arthritis or other joint mobility concerns.

Gentle Stretch Yoga

This class uses the chair as a prop to assist in a complete program of stretching, breathing and relaxing to revive body, mind and spirit.

Back Care Yoga

A gentle yoga program of stretching and strengthening exercise to promote back health.

Yoga for Relaxation

A gentle practice of slow meditative movement, conscious breathing and relaxing meditation designed to reduce the impact of everyday and exceptional life stresses.

Yoga Classes

Mixed Level Yoga

Ready to move ahead in your yoga routine? Our mixed level class offers all the aspects of yoga to regulate and strengthen body systems. Appropriate for all student levels, the advanced practice teaches how to reduce tension through relaxation, increase energy levels, feel rejuvenated, and allow the body to heal.

Gentle Yoga

Practice breathing techniques, cultivating body awareness, and teaching different stretches and poses to relieve tension, increase flexibility, restore vitality and promote calmness and balance.

Hatha Yoga

A comprehensive, balanced Yoga program with a steady flow, regulated breathing, relaxation between asanas (postures) and guided instruction throughout.

Lunchtime Yoga

A NO SWEAT Hatha yoga class designed to give you a boost in the middle of the day.

Cardio Classes

Zumba

Join the newest cardio dance craze across the world. Zumba is a fun Latin-inspired, easy-to-follow, calorie-burning fitness party that works the entire body!

Zumba (Low)

All of the fun and flavor of traditional Zumba classes, but with simplified

movements, lower impact, and a little slower pace. Designed for ALL age ranges and body types.

Zumba Gold

Modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. All the elements of the Zumba Fitness Party stay the same!

Cardio Dance Party NEW CLASS!

A fun filled 40 minute dance inspired cardio workout that will raise your heart rate and your mood. Easy to follow moves performed to popular music makes this class excellent for every exercise level. The last 5 minutes of class will include a stretching segment.

Cardio Kickboxing

Get your heart rate thumping with high intensity cardio for all levels! Incorporates basic kicks, jabs, and core work to increase your cardiovascular endurance and strength.

Cardio-Strength Interval

Burn more fat by incorporating cardio bursts and strength training all in the same class!

Cardio Express

Quickly get in and out with this aerobic workout designed to increase your heart rate and burn calories in 40 minutes! Every class is fun and exciting with a variety of ways to burn fat and get heart healthy!

**Schedules for two 6-week
sessions included on back!**

Toning Classes

Yoga/Pilates Fusion

This class blends the core exercises of Pilates class with yoga poses, finishing in meditation. Get the best of both worlds with FUSION!

Pilates Mat Class

Improve posture and core muscle control using your body weight as the primary source of resistance.

Resistance Training

Designed for someone looking for an easy and simple way to add strength training into their exercise routine.

20/20/20

Come get a total body workout with 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of flexibility and core.

Sculpt and Stretch

Speed up your metabolism, sculpt your muscles, and increase your flexibility all in one class!

Butts and Guts **NEW CLASS!**

This class focuses on abdominal strength and hips and glutes. Helps with general core strength.

NOTICE:

In most classes, modifications will be available to accommodate all fitness levels. It is recommended that you wear comfortable clothing, and bring a yoga mat and small pillow if you wish. It is also suggested that you do not eat a large meal for two hours prior to class.

PRICING INFORMATION:

Studio classes that meet one time per week are \$60.00 per 6-week session for the public and \$30.00 for Lake Health employees.

Resistance Training and Cardio Kickboxing classes that meet 2 days per week are \$120.00 for the public and \$60.00 for Lake Health employees.

MARCH 26 – MAY 5				
Monday	Tuesday	Wednesday	Thursday	Friday
11 am – 12 pm Zumba Gold	6 – 7 am Resistance Training	6 – 7 am Gentle Yoga	6 – 7 am Resistance Training	9:30 – 10:15 am Cardio Dance Party
1:45 – 3 pm Gentle Stretch Yoga	7 – 8 am Cardio Kickboxing	10:45 – 11:45 am Hatha Yoga	7 – 8 am Cardio Kickboxing	11 – 11:50 am Cardio/Strength Interval
5:45 – 6:45 pm Gentle Yoga	2:30 – 3:30 pm + Joint Soothing Yoga +	12:15 – 1 pm Lunchtime Yoga	4:30 – 5:20 pm Sculpt and Stretch	12:15 – 1:00 pm Pilates Mat
7 – 7:50 pm Zumba (Low)	4 – 5 pm + Gentle Yoga +	1:45 – 2:45 pm Back Care Yoga	5 – 6 pm ** Zumba **	
	5:30 – 6:30 pm Cardio/Strength Interval LUB Conf.	3:00 – 3:45 pm Yoga for Relaxation	5:30 – 6:30 pm Prenatal Yoga	Saturday
	5:30 – 6:30 pm Gentle Yoga	4 – 4:40 pm Cardio Express	5:45 – 6:30 pm Cardio/Strength Interval LUB Conf.	9:30 – 10:30 am Yoga/Pilates Fusion
	6:45 – 7:30 pm Cardio Dance Party	7:45-8:45 pm 20/20/20	6:45 – 7:45 pm Mixed Level Yoga	+ At West Medical Center +
	7:45 – 8:15 pm Butts and Guts	To register for classes, call the Best of Health Line at 440-953-6000.		** At The Mentor Campus Lincoln Room**

MAY 7 – JUNE 16				
Monday	Tuesday	Wednesday	Thursday	Friday
11 am – 12 pm Zumba Gold	6 – 7 am Resistance Training	6 – 7 am Gentle Yoga	6 – 7 am Resistance Training	9:30 – 10:15 am Cardio Dance Party
1:45 – 3 pm Gentle Stretch Yoga	7 – 8 am Cardio Kickboxing	10:45 – 11:45 am Hatha Yoga	7 – 8 am Cardio Kickboxing	11 – 11:50 am Cardio/Strength Interval
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Scan the QR code or download these class schedules at lakehealth.org/lake-health-wellness-institute