

LWVA FITNESS and SPORTS SCHEDULE

Location : Exercise Room (Aerobics Studio)

First Class is always FREE - Give one a try!

Exercise, Dance, & Sport	M	T	W	Th	F	Duration		Cost
Tai Chi		8:30 AM		8:30 AM		60 min	Floor Exercise	\$7.50 per Tuesday class (FREE on Thursdays)
Strictly Cardio*	10:00 AM		10:00 AM		10:00 AM	30 min	Floor Exercise	\$3 per class (* \$2.50 w/ Strengthen & Stretch)
Strengthen & Stretch*	10:30 AM		10:30 AM		10:30 AM	30 min	Floor Exercise	\$3 per class (* \$2.50 w/ Strictly Cardio)
Exercise Lite	11:30 AM			11:15 AM		30 min	Floor Exercise	\$3 per class
Just Weights		11:45 AM		11:45 AM		30 min	Floor Exercise	\$3 per class
FALL PROOF		12:30 PM		12:30 PM		45 min	Floor Exercise	\$4 per class
Beginning Tap Dance	1:00 PM					60 min	Dance	FREE
Tap Dance					1:00 PM	60 min	Dance	FREE
Table Tennis		2:00 PM		2:00 PM		2 hrs	Sport	FREE
Line Dance					3:00 PM	60 min	Dance	FREE
Yoga*	6:00 PM					30 min	Floor Exercise	\$3 per class (* \$2.50 w/ Pilates)
Pilates*	6:30 PM					30 min	Floor Exercise	\$3 per class (* \$2.50 w/ Yoga)

Locations : OUTSIDE

Competitive Tennis				9:30 AM		60 min	Sport	FREE (Play at Rooftop Courts)
Walking Group		8:30 AM		8:30 AM		variable	Outdoor Exercise	FREE (Meet at Clubhouse Lower Entrance)

All Activities can be conducted at ANY Intensity Level - Work at your own pace!

Location: POOL (Shallow End of LAP LANES

-- OPEN LAP SWIM all OTHER pool hours)

WATER Exercise & Sport	M	T	W	Th	F	Duration		Cost
E-Z Does It Aquatics	9:00 AM		9:00 AM		9:00 AM	45 min	Water Exercise	\$4 per class
Awesome Aquatics		10:00 AM		10:00 AM		60 min	Water Exercise	\$5 per class
Aqua Lite	2:30 PM		2:30 PM			45 min	Water Exercise	\$3 per class
Water Volleyball	4:00 PM		4:00 PM		4:00 PM	2.5 hours	Water Sport	FREE

** WaterVolleyball begins at 3 pm on Holidays.*

Purchase exercise punch cards in the Clubhouse Office.

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