

Group Fitness Class Descriptions

See Lake House Monthly Calendar for dates and times

Bootie Camp

Taught by Carole Weiss

Exercise the entire body with update dance moves, low impact aerobics and light weights. This class incorporates a variety of techniques to provide an ever-changing routine.

Cardio Interval

Taught by Susan Lozier

This class is “the total package”. Guaranteed to increase or maintain aerobic capacity, muscular strength and flexibility, core strength, stability and balance. It’s all included in 60 minutes.

Core Strength for Golf or Tennis

Taught by Susan Lozier

Both tennis and golf are physically demanding sports, yet many do not train for the activity and end up with injuries or stagnation. Learn how to protect and strengthen the body for either game.

Specific activities will improve or strengthen the following:

- Core Strength (lower back, abdominals and rotational muscles)
- Rotator Cuff
- Reaction Time
- Speed & Agility
- Flexibility

Circuit Training

Taught by Carole Weiss

This class offers a diverse cardio and strength training workout. Various stations including stability balls, hula hoops, jump ropes, free weights, bands and more deliver a fun workout experience and allow you to work at your own pace.

Deep Water Aerobics

Taught by Carole Weiss

Using a weighted belt you will work you entire body without any pressure to knees, hips, ankles or lower back. Ideal for people with knee, hip or lower back problems.

Pilates

Taught by Carole Weiss

Full-body workout with an emphasis on “core” stability which tones abs and strengthens the back.

Splashers

Taught by Sara Jane Foltz

Splashers is a low-impact water aerobic and stretching class. Our goal is to strengthen and add flexibility to the body. This is a non-competitive class using exercise as a positive tool for being mentally and physically fit.

Seated Gentle Exercise Class

Taught by Carol Weiss

A very beginner class for people who need to be seated while exercising. We will incorporate strength, stability, stretching and cardio. Guaranteed to make you smile and feel good.

Stability & Strength

Taught by Susan Lozier

Through the use of stability balls, foam rollers and mere body weight, balance and strength will be improved. This class is ideal for all individuals who want to improve balance and core strength, regardless of their current physical condition.

Traditional Pilates

Taught by Jane Lowe

Breathe! Begin your day being energized with an emphasis on breathing and core work based on the teaching of Joseph H. Pilates.

Water Aerobics

Taught by Carole Weiss

A fun cardio workout with upper body strengthening and stretching. Relieve stress while splashing your way to better health.

Yoga

Taught by Allison Zimmerman

Gentle yoga. This class is an hour long and combines gentle movement with the breath followed by a deep relaxation. This is a great way to learn the yoga positions, increase flexibility, promote spinal health and reduce stress. This class is perfect for beginners and is open to ALL levels.