



Studio Class Schedule

MON	TUE	WED	THU	FRI	SAT	SUN
	GetStrong StayAble 6:45 - 7:45am w/ Jamie		GetStrong StayAble 6:45 - 7:45am w/ Jamie			
Gentle Yoga 8:15 - 9:30am w/ Jennifer	Essentrics 8:30 - 9:30am w/ Rob	Yin Yoga 8:15 - 9:30am w/ Pam	Essentrics 8:30 - 9:30am w/ Rob	Chair Yoga 8:15 - 9:30am w/ Pam	Bootcamp 9:00 - 10:30am w/ Sal Begins Aug 9	Essentrics 9:00 - 10:00am w/ Rob
Gentle Yoga 10:00 - 11:15am w/ Jennifer	Barre 9:45 - 10:45am w/ Kim	Yin Yoga 10:00 - 11:15am w/ Pam	Tai Chi NON-LCLC 10:00 - 11:00am	**Yin Yang Yoga** 10:00 - 11:15am w/ Pam	Flex & Stretch 10:45 - 11:45am w/ Sal Begins Aug 9	Powerflow Yoga 10:30 - 11:30am w/ Jennifer
			Tai Chi NON-LCLC 11:00 - 12:00pm		Budokan 12:30 - 2:00pm w/ Perry	
Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	Total Body Boost 12:15 - 1:15pm w/ Heidrun	Total Body Boost 12:00 - 1:00pm w/ Heidrun	 <p>SCAN ME</p>  <p>Pre-register for classes to secure your spot.</p> <p>Register online at connect2rec.com, in-person at the LCLC or by calling 902-530-4100.</p>	
Flex & Thrive 1:15 - 2:15pm w/ Heidrun	Energy Dance Flow 1:15 - 2:15pm w/ Heidrun	Flex & Thrive 1:15 - 2:15pm w/ Heidrun	Energy Dance Flow 1:30 - 2:30pm w/ Heidrun	Flex & Thrive 1:15 - 2:15pm w/ Heidrun		
	Parkinson's Essentrics 2:30 - 3:30pm w/ Rob	Aging Backwards Essentrics 2:30 - 3:30pm w/ Debbie				
Full Body Workout 4:30 - 5:30pm w/ Sal Begins Aug 11	Pilates 4:30 - 5:30pm w/ Sal	Full Body Workout 4:15-5:15pm w/ Sal Begins Aug 13	Barre 4:30 - 5:15pm w/ Kim	Full Body Workout 4:30-5:30pm w/ Sal Begins Aug 8		
Feel Da Rhythm 5:45 - 6:45pm w/ Amy	Circuit 5:45 pm - 6:45pm w/ Sal	Feel Da Rhythm! 5:30 - 6:15pm w/ Amy	Vinyasa Flow Yoga 5:30 - 6:30pm w/ Claire			
Core & Flow 7:00 - 8:00pm w/ Kayla	Chakra 7:00 - 8:00pm w/ Kayla		Budokan 7:00 - 8:30pm w/Perry			

SCAN
ME



Pre-register for classes to secure your spot.

Register online at connect2rec.com,
in-person at the LCLC or by calling
902-530-4100.

Aquatic Class Schedule

MON	TUE	WED	THU	FRI	SAT
Elderfit Aquacize 10:00- 10:45am	Elderfit Aquacize 10:00 - 10:45am	Elderfit Aquacize 10:00 - 10:45am	Elderfit Aquacize 10:00 - 10:45am	Elderfit Aquacize 10:00-10:45am	Aquafit 12:00 - 12:45pm
Aqua Dance 5:00pm - 5:45pm		Aquafit 5:00 to 5:45pm July & August only			

Active Living Pricing

LCLC Members: All LCLC active living classes are included in membership.

Non-Members: \$10 drop-in or purchase a 10 Class Pass for \$70.

PLEASE PRE-REGISTER FOR STUDIO CLASSES TO ENSURE YOU HAVE A SPOT.

PLEASE NOTE: HEIDRUN'S CLASSES FOR AUGUST MAY BE DIFFERENT FROM THE ABOVE SCHEDULE. PLEASE CHECK THE CONNECT2REC WEBSITE FOR UP TO DATE CLASSES.



Aging Backwards Essentrics®

A gentle, pain-free workout that enhances mobility, balance, and flexibility without external weights. Focusing on rebalancing muscles, improving joint mobility, and releasing tight fascia at a slower pace than traditional Essentrics®.

Beginner Spin

A lighter Intensity class with a slower pace focusing on growing stamina and confidence on the equipment. 11 spin bikes available.

Bootcamp

This class is a one-stop shop when it comes to exercise. The first half of the class comprising a spinning ride, and the second half moving off the bike for a full body strength workout.

Budokan

A fun, beginner-friendly class that blends health, wellness, and self-defense. Learn key techniques like Sanchin and Geki Sai Ichi while boosting strength, flexibility, and focus in a supportive environment. Build confidence, discipline, and practical self-defense skills.

Chair Yoga

Traditional yoga postures practiced using a chair to sit on or for support standing. It also includes breathing exercises and relaxation techniques. It is a great way to experience the benefits of yoga in a supported, accessible manner.

Circuit

This workout involves a rotation of various exercises targeting different parts of the body. Focusing on different muscle groups in a short amount of time.

Energy Dance Flow

Energy Dance Flow is a fun, high-energy dance workout that blends powerful moves with upbeat music to energize your body and mind. Burn calories while having a blast!

Essentrics®

Low intensity strengthening exercises and dynamic stretching to relieve pain, prevent injury, and tone the body.

Core & Flow

Designed to help strengthen your abdominal and back muscles in a calm setting. Class brings 30 min. of core exercises followed by 30 min. of stretching.

Feel Da Rhythm

Get groovin' with 1 hour of dance-infused cardio madness! Easy moves, epic beats, and nonstop fun. Join the ultimate dance party where fitness meets rhythm!

Pilates

Uses a combination of roughly 50 repetitive exercises to spur muscle exertion. Each exercise is typically repeated three to five times.

Flex and Stretch

This class focuses on flexibility, joint health, injury prevention and building tone. Open and welcoming to all abilities.

Flex and Thrive

A class for everyone! Flex & Thrive combines stretches and strength work that will increase range of motion, stabilization and control, to promote greater joints range and functional movement.

Full Body Workout

This workout focuses on upper body, lower body, and core, combining aerobic and strength exercises.

Vinyasa Flow Yoga

Aimed at being an accessible class for a variety of practitioners, this "All Levels" class is inspired by Vinyasa Krama roots.

Gentle Yoga

Is performed at a slower pace, with less intense positions, and usually includes extended time for meditation, yogic breath work, and relaxation.

Chakra Stretch Class

This unique class focuses on gentle stretching to release tension stored by your body. The use of intention setting, breath work, gentle stretching and meditation allow all aspects of your body to align.

Power Flow Yoga

Build strength, balance and flexibility in this vigorous, all-over, feel-great, Baron Baptiste-inspired hour of vinyasa yoga.

GetStrong StayAble

A functional fitness class designed to build all-round strength, balance, and confidence so you can continue moving through life with ease.

Total Body Boost

This class is packed with variety and fun. You will develop strength, cardiovascular fitness, mobility, and endurance. Classes use a variety of methods including intervals and circuits. This class has it all!

Yin Yoga

Yin Yoga is a slow-paced meditative yoga that targets deep connective tissues in the body with the aim of increasing circulation in the joints and improving flexibility.

Yin Yang Yoga

Combining two styles of yoga, this class improves energy and fitness while promoting relaxation and healing.

Barre Fitness

Low-impact, high-energy workout that fuses ballet inspired moves with Pilates, yoga, and strength training. No dance experience needed!



Elderfit is a water exercise program designed for seniors and the physically compromised. Its mission is to raise awareness among seniors to the health and lifestyle benefits of remaining physically and mentally active. Aquacize sessions are taught by trained volunteer facilitators in a stress-free environment. Swimming ability is not required.