

Where everyone FITS in...



Lakeview

fitness and sports center

One Lakeview Drive, Morgantown, WV 26508 • www.LakeviewResort.com



FITNESS CENTER HOURS

Mon-Thu 5:30 am-10 pm
 Friday 5:30am-9 pm
 Sat-Sun 7 am-7 pm

Nursery Hours

Mon-Fri 8-12 pm
 Mon-Thu 4-8 pm
 Sat 8 am-12 pm

SUN	MON	TUE	WED	THU	FRI	SAT
CHECK OUT THE GROUP X SCHEDULE ON THE BACK!	1 MARATHON TRAINING 530AM	2 I LOST IT' TRAINING- TEAM 1- 6AM, TEAM 2-5:15PM, TEAM 3- 6:30 PM	3 MARATHON TRAINING 530AM FIT KIDS 5:30-6:45PM	4 I LOST IT' TRAINING- TEAM 1- 6AM, TEAM 2-5:15PM, TEAM 3- 6:30 PM	5 FREE SPINAL SCREENING 9AM -12PM	6 FIT KIDS 10-11:15AM I LOST IT' TRAINING- ALL TEAMS 11AM
7	8 MARATHON TRAINING 530AM	9 "LOSE IT" PART II- 6 AM AND 6 PM	10 MARATHON TRAINING 530AM FIT KIDS 5:30-6:45PM	11 "LOSE IT" PART II- 6 AM AND 6 PM	12	13 OPEN HOUSE FIT KIDS 10-11:15AM
14 OPEN SWIM 3-6PM	15 MARATHON TRAINING 530AM	16 "LOSE IT" PART II- 6 AM AND 6 PM	17 MARATHON TRAINING 530AM FIT KIDS 5:30-6:45PM	18 LOSE IT" PART II- 6 AM AND 6 PM	19	20 FIT KIDS 10-11:15AM
21	22 MARATHON TRAINING 530AM	23 LOSE IT" PART II- 6 AM AND 6 PM	24 MARATHON TRAINING 530AM FIT KIDS 5:30-6:45PM	25 LOSE IT" PART II- 6 AM AND 6 PM	26	27 FIT KIDS 10-11:15AM
28 OPEN SWIM 3-6PM	29 MARATHON TRAINING 530AM	30 LOSE IT" PART II- 6 AM AND 6 PM	31 MARATHON TRAINING 530AM FIT KIDS 5:30-6:45PM			

I LOST IT AT THE CLUB! TRAINING: GET READY TO LOSE IT WITH OUR TRAINERS AT LAKEVIEW FITNESS! SIGN UP FOR OUR GROUP PERSONAL TRAINING SESSIONS AT THE FRONT DESK!

OPEN SWIM: OPEN SWIM TO KIDS OF ALL AGES-ADULT MUST BE PRESENT WITH CHILD-LIFEGUARD WILL BE ON DUTY.

FIT KIDS: FIT KIDS IS A PROGRAM DESIGNED FOR YOUNG KIDS TO HELP PROMOTE ACTIVE LIFESTYLES. SEE FRONT DESK FOR SIGN UPS!



GROUP X MARCH 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15a	STRENGTH TRNG		CYCLING		CYCLE & CIRCUIT		
8:15a	BALLETONE				STEP & SCULPT	CYCLING	
9:00a	GUTS & BUTTS	CIRCUIT TRAINING	STEP & SCULPT	ZUMBA <i>NEW!</i>	STRENGTH TRNG	CYCLING	YOGA
9:00a	H2O BLAST	AQUA FIT	H2O BLAST			YOGA	
10:00a	STRENGTH TRNG	CYCLE & CIRCUIT <i>New!</i>	YOGA	CYCLE & CIRCUIT	BALLETONE	PILATES <i>NEW TIME!</i>	
10:00a	PILATES SILVER SNEAKERS	CORE & MORE	SILVER SNEAKERS			H2O BLAST	
11:00a	PILATES SILVER SNEAKERS <i>NEW!</i>				SILVER SNEAKERS	ZUMBA <i>NEW TIME!</i>	
4:00							ZUMBA <i>NEW!</i>
5:00	KICKBOXING		CYCLING				
5:45p	ABS FIT	ZUMBA	ABS FIT	ZUMBA			
6:00p	CYCLING	PILATES	GUTS & BUTTS	YOGA			
6:00p	H2O BLAST		H2O BLAST				<i>Check out the new class times and additions!</i>
6:00p	AIKIDO		AIKIDO <i>NEW!</i>				
6:45p		CYCLING					

Aikido: 1hr/Martial Arts: A Japanese Martial Art defined as the way of Harmony. Aikido is an ideal Martial Art for self-defense.

Abs Fit:

15 min/Low-High Intensity: This class is designed to strengthen and sculpt your torso. A strong mid section is necessary for quality of life

Aqua Fit: 1hr/Med-High Intensity: Utilize H2O weights to get that work out you need. A great class for all fitness levels and for those recovering from injury/surgery!

Balletone: 45 min-1hr/Low-High Intensity. Total body conditioning incorporating ballet exercise, pilates concepts, & stretching. This non-impact workout will improve balance, core stability, and muscular endurance while creating a stronger and more flexible body.

Circuit Training: 1 hr/High Intensity: Cardio followed by different resistance stations at 1-2 minutes each. Great for a total body workout- increase muscular endurance as well as cardio endurance!

Cycle & Circuit: 1 hr/ Med-High Intensity: Total body conditioning incorporating cardio and strength training circuits. Intimidating by cycling? What a great class to try it out- learn the basics of cycling while getting a great cardiovascular workout!

Cycling: 45 min-1 hr/Low-High Intensity: Water bottle and towel required; please see instructor before class for first time participants.

Guts & Butts: 45 min-1 hr/Low-High Intensity: Increase your abs and core strength while sculpting an awesome stomach, along with leg exercises.

H2O Blast: 1 hr/Low Intensity: A low impact, non-weight bearing class great for all fitness levels and especially for those recovering from injury or surgery!

Kickboxing: 45 min-1 hr/ Med-High Intensity: This class takes traditional self-defense moves & pairs it with quick movements to ensure a great cardio workout while gaining strength!

Pilates: 45min-1 hr/Med Intensity: Integrates breathing techniques w/controlled movements targeted to strengthen & lengthen muscles; strengthen core musculature.

Strgth Trng: 1hr/Med- High Intensity: Total-body workout: includes cardio & muscular conditioning drills & exercises. Helps build your strength, flexibility, and stamina.

Silver Sneakers:

1hr/Low Intensity: Designed exclusively for older adults! Low impact class that's designed to increase strength, range of movement, agility, balance, & coordination. As a group, participants will improve functional capacities, physical fitness level, & se

Step & Sculpt: 45 min-1 hr/Intensity: Get a total body workout utilizing the step for an aerobic workout as well as for toning exercises.

Yoga: 45 min-1hr/Low-Med Intensity: A class designed to bring union of the mind and body while improving breathing, flexibility, and body alignment.

Zumba: 1 hr/Low-High Intensity: An aerobic dance class combining Latin & International music w/combo of fast & slow rhythms that tone & sculpt the body.

Make sure to check out our Calendar of Events on the back!!!!