



Shorehaven Strength & Fitness Center Spring Classes

The Shorehaven Fitness Center has returned to the Fitness Center. Please note the pool will remain closed until further notice. Water classes have been temporarily converted to land classes.

Land Dancin' – Lisa Welch \$5

Mondays & Wednesdays – 5:30 to 6:15 p.m.

Saturdays – 9:30 to 10:20 a.m.

SilverSneakers with Trish - \$2 Classes

SilverSneakers Cardio

Mondays, Wednesdays, & Fridays – 8 to 8:45 a.m.

Mondays & Wednesdays - 1 to 1:45 p.m.

Silver Sneakers Timed Stations

Tuesdays - 1 to 1:45 p.m.

Thursdays - 8 to 8:45 a.m.

SilverSneakers Balance, Strength SEATED

Thursdays – 10:30 to 11:15 a.m.

SilverSneakers Balance, Strength

Mondays & Wednesdays – 3 to 3:45 p.m.

Tuesdays – 10:30 to 11:15 a.m.

SilverSneakers Water Class Converted to Land – with Trish Sargent \$3

Tuesdays - 2 to 2:45 p.m.

Wednesday - 2 to 2:45 p.m.

Thursdays – 9:30 to 10:15 a.m.

SilverSneakers Line Dancing - \$2 classes

Mondays – 2 to 2:45 p.m.

Shorehaven Strength and Conditioning with Jill \$5

\$45 for 10 class punch card purchase for all of Jill's classes

Mondays & Fridays - 9 to 9:45 a.m.

Mondays & Fridays - 10:45 to 11:30 a.m.

Shorehaven Senior Yoga with Jill \$5 - Mobility required. Mat class.

Wednesdays - 9:15 to 10:15 a.m. & 10:45 to 11:45 a.m.

Afternoon Yoga with Jill – Mobility required. Mat class

Wednesdays – 4:15 to 5:15 p.m. -

\$45 for a ten punch purchase, Free to Shorehaven employees.

Call Life Enrichment with any questions. 262-354-1375

Shorehaven's Center for Life Enrichment • 1306 W. Wisconsin Ave, Oconomowoc, WI 53066
To register for classes, call Jill Halliburton at 262-354-1375 or send a note to jhalliburton@lho.org.