






September 2010 at the Lakehouse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Child Watch 9-10:30am Body Sculpting 9-10am Yoga 9:30-10:30am Creative Kids 6-7pm *	31 Child Watch 9-10am Kick Boxing 9-10am Story time 10:30am Child Watch 6-7pm Yoga 6-7pm	1 Child Watch 9:15-10am Zumba 9:15-10 Toddler Time 10-10:45am* Child Watch 6-7 Body Ball- 6-7	2 Child Watch 9-10am Circuit Training 9-10am Child Watch 6-7pm Yoga 6-7pm	3	4 
5	6 Southshore Labor Day Party 3-5pm	7 Child Watch 9-10am Kick Boxing 9-10am Story time 10:30am Child Watch 6-8pm Yoga 6-7pm Body Sculpting 7-8	8 Child Watch 9:15-10am Zumba 9:15-10 Toddler Time 10-10:45am* Child Watch 6-7 Body Ball- 6-7	9 Child Watch 9-10am Circuit Training 9-10am Child Watch 6-7pm Yoga 6-7pm	10 Family Movie Night: Marmaduke 	11
12	13 Child Watch 9:30-10:30am Yoga 9:30-10:30am Scrapbooking 10-noon Child Watch 5:30-6:30 Zumba 5:30-6:30 Creative Kids 6-7pm * Scrapbooking 7-9pm	14 Child Watch 9-10am Kick Boxing 9-10am Story time 10:30am Child Watch 6-8pm Yoga 6-7pm Body Sculpting 7-8	15 Child Watch 9:15-10am Zumba 9:15-10 Toddler Time 10-10:45am* Child Watch 6-7 Body Ball- 6-7	16 Child Watch 9-10am Circuit Training 9-10am Child Watch 6-7pm Yoga 6-7pm	17	18 
19	20 Child Watch 9:30-10:30am Yoga 9:30-10:30am Child Watch 5:30-6:30 Zumba 5:30-6:30 Creative Kids 6-7pm *	21 Child Watch 9-10am Kick Boxing 9-10am Story time 10:30am Child Watch 6-8pm Yoga 6-7pm Body Sculpting 7-8	22 Child Watch 9:15-10am Zumba 9:15-10 Toddler Time 10-10:45am* Child Watch 6-7 Body Ball- 6-7	23 Child Watch 9-10am Circuit Training 9-10am Child Watch 6-7pm Yoga 6-7pm	24 Kids Night Out 6-10pm*	25 Southlands 5k 
26	27 Child Watch 9:30-10:30am Yoga 9:30-10:30am Child Watch 5:30-6:30 Zumba 5:30-6:30 Creative Kids 6-7pm *	28 Child Watch 9-10am Kick Boxing 9-10am Story time 10:30am Child Watch 6-8pm Yoga 6-7pm Body Sculpting 7-8	29 Child Watch 9:15-10am Zumba 9:15-10 Toddler Time 10-10:45am* Child Watch 6-7 Body Ball- 6-7	30 Child Watch 9-10am Circuit Training 9-10am Child Watch 6-7pm Yoga 6-7pm	1 	2 We Offer: Kids Programs Free Events Fitness Classes Child Watch

September Highlights:

Labor Day Party: Monday Sept. 6th 3-5pm

Family Movie Night: Friday Sept 10th 7pm

Kids Night Out: Friday Sept 24th 6-10pm *Pre registration required by Wednesday Sept 22nd at 5pm.

*indicates pre registration required

YOGA: Yoga is an effective way to stretch & tone muscles, promote circulation, balance & flexibility. This is a great class for building a strong spirit, mind and body. Beginner to intermediate levels.

Class Fee: \$5/Class

Non-Resident fee: \$7/ class

BODY SCULPTING:

Cardio warm up to start. Followed by toning and sculpting in specific areas of the body. Closing with a deep stretch. Burn the fat from around those muscles, lose weight and sculpt your physique.

Class fee: \$5/Class

Non-Resident fee: \$7/class

BODY BALL:

Cardio warm up. Followed by a challenging class using our own body weight and the body ball for a total body workout that engages the core throughout. A great metabolism booster. Fun and challenging for all fitness levels.

Class Fee: \$5/Class

Non-Resident Fee: \$7/Class

CIRCUIT TRAINING:

This class is a great boredom buster. It offers more **cardio** benefits, and will help you burn 30 percent more calories. Sculpt every muscle and blast fat with this step by step workout. Alternating between strength training and cardio you will find this workout a fun fast paced way to sweat your way to a better body.

Class Fee: \$5/Class

Non-Resident Fee: \$7/Class

KICK BOXING:

A great cardiovascular workout combining martial arts and kickboxing. Easy to follow choreographed routines which includes kicks and punches.

Class fee: \$5/Class

Non-Resident fee: \$7/class

ZUMBA: Is a fusion of Latin and International Music-dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Class fee: \$5/Class

Non-Resident fee: \$7/class

Southshore residents will receive 2 free fitness classes per week: please pick up your monthly pass on the first business day of the month.

CHILD WATCH:

This is a **free** drop-in activity that will enable the children to Create, Imagine & Believe by participating in activities, crafts and free play. Parents may enjoy the workout facilities or classes. Please fill out the emergency information sheets in the Child Watch Room. Residents only if you are not attending a fitness class.

TODDLER TIME:

Ages 2-4: This class will give your toddler time to learn through play in a structured environment! An instructor will lead children in group activities such as circle time, centers & craft time. During these times your child will work on skills such as socialization, listening, problem solving & self esteem. Min. of 2 and Max. of 5 participants.

Class Fee: Members: \$20/child – 4 WEEKS

Guests: \$28/child

CREATIVE KIDS:

Kids get a chance to create with this fun weekly craft activity. Crafts are age appropriate and parents are welcome to drop off or stay.

Class Fee: \$5 child Members

\$7 non-members

STORY TIME:

Come listen to our favorite children's stories at the Lakehouse and meet your neighbors and our staff. **Free**

SPECIAL EVENTS:

Southshore Labor Day Party: Come celebrate the end of summer with us at the Lakehouse! Enjoy the final day of the pool season along with games provided by Games2U. We will have giant human hamster balls, a video game trailer, swimming, refreshments, and lots of fun! Monday, September 6th from 3-5pm. **Free.**

Scrapbooking: Add some art to your scrapbook! This is not your ordinary scrapbook class. Whether you are a beginner or a pro, join us to learn lots of new techniques and ideas to expand your scrapbooking options. We will create a 12x12-2 page layout with a spooky Halloween theme. No need to bring photos or supplies. Just come and have fun. You can add your photos later! This month we will learn to use stamps and inks to add some spooky surprises to our Halloween pages. **\$10 per class, supplies included.**

Family Movie Night: Enjoy a free night out with the family and watch "Marmaduke" (PG) on our big screen in the theater. Movie starts at 7pm. Bring your own snacks. **Free.**

Kids Night Out: Drop the kiddios off at the Lakehouse from **6-10pm** for a night of fun and take advantage of the free adult time. They'll play fun and creative games and make crafts.

Dinner will be served and the night will end by watching a movie in the theater. Pre Registration required by Sept 22nd at 5pm. Space is very limited.

Fees: **Residents- \$15 for the first child \$10 for each additional**

Non-Residents- \$17 for the first and \$10 for each additional