

APRIL 2026 FITNESS CALENDAR

La Costa Glen Fitness Department x 1443

Lakeside Classes—Catalina Hall

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am Stretch & Strengthen with Barbara	9:00-9:45am Tai Chi Advanced with Matt	9:00-9:45am Stretch & Strengthen with Sharie	9:00-9:45am Tai Chi Advanced with Matt	9:00-9:45am Stretch & Strengthen with Barbara
10:00-10:45am Aerobics with Yvonne	10:00-10:45am Sit & Be Fit with Sharie	10:00-10:45am Aerobics with Patti	10:00-10:45am Stretch & Strengthen with Patti	10:00-10:45am Zumba Gold with Barbara
11:00-11:45am Balance Training with Megan / Christian	11:00-11:45am Chair Yoga with Sharie	11:00-11:45am Balance Training with Kori	11:00-11:45am Stretch & Core on the Floor with Patti	11:00-11:45am Balance Training with Barbara
1:00—1:45pm Tap Dance		1:00—1:45pm Tap Dance		
1:45-2:30pm Line Dance		1:45-2:30pm Line Dance		
2:30-3:00pm Intro-Line with Yvonne		2:30-3:00pm Intro-Line with Yvonne		

Note: March 30—April 10 Dance Classes will be beginner focused and this schedule will supersede the regular schedule: (Come and try it out—no dance shoes required)
 ● 1pm- Beginner Tap Dance ● 2pm- Beginner Line Dance

OUTDOOR POOL (Hours: 7am to 10pm)

Pools Open for Lap Swim, Pool Walking and Exercise

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Shuffleboard 10:00am Lakeside	Beach Walk 7:50-9:30am "No Chaperone" (Bus picks up at both clubhouses)		Beach Walk 7:50-9:30am "No Chaperone" (Bus picks up at both clubhouses)	Shuffleboard 10:00am Lakeside
Ping Pong 2:30-3:30pm A/C Room	Bocce 9:30am Lakeside	Ping Pong 2:30-3:30pm A/C Room	Shuffleboard 10:00am Lakeside	Ping Pong 2:30-3:30pm A/C Room

Class cancellations:

Catalina Hall classes

Thursday, April 16
Thursday, April 23

Scripps Talk
Tuesday, Apr 21
3:00pm Cat Hall

"Hip & Knee Replacements" with Orthopedic Surgeon Dr. Morgan Silldorff

Saturday
Forum Walk -7:45am
Lakeside Clubhouse



Bocce - 9:30am
Lakeside Courts

Putting Contest
1st, 2nd & 4th Saturdays
10:30am
Lakeside Courtyard

Pitch n' Putt Game
3rd Saturday
10:45am
The Links - Fairway



Sunday
Open Social Tennis
9:00-11:00am
Open Social Pickleball
12:00-2:00pm



APRIL 2026 FITNESS CALENDAR

Fitness Manager Christian Sanchez x 1423

Fairway Classes - Capistrano Fitness Studio

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am TRX Circuit Advanced with Megan	9:00-9:45am Stretch & Strengthen with Siobhan	8:45-9:45am Yoga Mat with Siobhan	9:00-9:45am Stretch & Strengthen with Megan	8:45-9:45am Yoga Mat with Siobhan
10:00-10:45am Sit & Be Fit with Barbara	10:00-10:45am Tai Chi with Matt	10:00-10:45am Sit & Be Fit with Sharie	10:00-10:45am Tai Chi with Matt	10:00-10:45am Sit & Be Fit with Fitness Team
11:00-11:45am Chair Yoga with Siobhan	11:00-11:45am Balance Training with Megan / Christian	11:00-11:45am TRX Circuit Advanced with Siobhan	11:00-11:45am Balance Training with Megan / Christian	11:00-11:45am Chair Yoga with Siobhan
	2:00-2:45pm Parkinson's Wellness with Siobhan			(Those who use canes, walkers and scooters are welcome to Sit & Be Fit & Chair Yoga!)



INDOOR POOL (Hours: 7am to 10pm)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
9:00-9:45am Aqua Ladies with Yvonne	9:00-9:45am Aqua Class with Fitness Team	9:00-9:45am Aqua Ladies with Patti		9:00-9:45am Aqua Ladies with Patti
1:00-1:45pm Aqua Men Resident Led	New Class!	1:00-1:45pm Aqua Men Resident Led		1:00-1:45pm Aqua Men Resident Led



Note: Pool Closed for lap swim Mon, Tues, Wed & Fri during Aqua Classes, 9am-10am

For safety and clarity, fitness classes have the following designations.
Levels are denoted by colors:

- Level 1**—Seated or standing, appropriate for everyone.
- Level 2**—Seated, standing, or on the floor—a medium levels of stamina, balance and coordination required.
- Level 3**—Mostly standing, & higher levels of stamina, balance & coordination required.

(If you are unsure what level class you join, please call 1443 for a quick assessment.)