



Classes at the Lodge



All classes will take place in the
Main Level Banquet Room.



Monday

Exercise-Light Weights: 10:00am-11:00am ~ \$5/class

Instructor: Becca Reese

Thursday exercise class discontinued till further notice.



Monday

Yoga : 11:00am-12:00pm ~ \$8/class

Instructor: Becca Reese

Questions? Please call Donna Aleksy at

815-493-8549 ext 110 or email donnarec@golakecarroll.com

Plumtree Fitness Center

Monday-Friday: 6:00am to 10:00pm
Saturday & Sunday: 7:00am to 10:00pm

