



# Group Exercise Land Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AEROBICS STUDIO</b>						
<b>AM</b>	<b>All-Over Toning</b> 5:30-6:10AM Kim	<b>Beginning Step</b> 5:30-6:10AM Kim	<b>All-Over Toning</b> 5:30-6:10AM Kim	<b>Beginning Step</b> 5:30-6:10AM Kim	<b>All-Over Toning</b> 5:30-6:10AM Kim	
	<b>Interval Training</b> 6:15-6:45 AM	<b>Step N Tone</b> 6:15-6:45AM	<b>Interval Training</b> 6:15-6:45 AM	<b>Step N Tone</b> 6:15-6:45AM	<b>Interval Training</b> 6:15-6:45 AM	
	<b>Pilates Sculpt</b> 8:30-9:25AM Chris	<b>Yoga</b> 8:30-9:25 AM Carol	<b>Pilates Sculpt</b> 8:30-9:25AM Chris	<b>Yoga</b> 8:30-9:25 AM Carol	<b>Pilates Sculpt</b> 8:30-9:25AM Chris	
	<b>Zumba</b> 9:30-10:15AM Chris	<b>Les Mills BODYPUMP</b> 9:35-10:35AM Chris	<b>Zumba</b> 9:30-10:15AM Chris	<b>Les Mills BODYPUMP</b> 9:35-10:35AM Chris	<b>Zumba</b> 9:30-10:15AM Chris	<b>Les Mills BODYPUMP</b> 9:30-10:30 AM Nancy, Chris or Jarrisa
	<b>Mid-Morning Cardio</b> 10:15-11:15 AM Beth		<b>Mid-Morning Cardio</b> 10:15-11:15 AM Beth		<b>Mid-Morning Cardio</b> 10:15-11:15 AM Beth	
	<b>Silver Sneakers</b> 11:15-12:00 PM Beth	<b>Zumba Light</b> 11:15-12:00 PM Maria	<b>Silver Sneakers</b> 11:15-12:00 PM Beth	<b>Zumba Light</b> 11:15-12:00 PM Maria	<b>Tai Chi</b> 11:15-12:00 PM Suilon	
<b>PM</b>		<b>Les Mills BODYPUMP</b> 12:15-12:45PM Chris		<b>Les Mills BODYPUMP</b> 12:15-12:45PM Chris		
		<b>* Boot Camp</b> 4:40-5:25 PM Mike		<b>Boot Camp</b> 4:40-5:25 PM Mike		
		<b>A.B.S. Class</b> 5:25-5:40 PM Mike (GYM)		<b>A.B.S. Class</b> 5:25-5:40 PM Mike (GYM)		
	<b>* Adv. Step</b> 5:20-5:55 PM Amy	<b>Zumba</b> 5:30-6:15 PM Chris	<b>* Adv. Step</b> 5:20-5:55 PM Amy	<b>Zumba</b> 5:30-6:15 PM Chris		
	<b>Les Mills BODYPUMP</b> 6:00-7:00PM Nancy	<b>Zumba Toning</b> 6:20-7:00 PM Shannon	<b>Les Mills BODYPUMP</b> 6:00-7:00PM Nancy	<b>Zumba Toning</b> 6:20-7:00 PM Shannon		
<b>Yoga</b> 6:00 – 7:00 PM Carol (MPR)	<b>Les Mills BODYPUMP</b> 7:00-8:00PM Jarrisa	<b>Yoga</b> 6:00 – 7:00 PM Carol (MPR)	<b>Les Mills BODYPUMP</b> 7:00-8:00PM Jarrisa			
<b>CYCLING ROOM</b>						
<b>AM</b>	<b>Spinning</b> 5:30-6:15 AM Nancy		<b>Spinning</b> 5:30-6:15 AM Nancy		<b>Spinning</b> 8:30-9:15 AM Beth L.	
<b>PM</b>	<b>Spinning</b> 5:00-5:45 PM Jarisasa	<b>Spinning</b> 5:00-5:45 PM Beth L.	<b>Spinning</b> 5:00-5:45 PM Jarisasa	<b>Spinning</b> 5:00-5:45 PM Beth L.		

## LAND CLASS DESCRIPTIONS

### Pilates Sculpt

A class designed to strengthen & stretch the whole body, making the muscles longer, leaner & well defined as well as improving flexibility.

### \*Adv. Step

This class will advance you to the next level of step aerobics. Dynamic combinations of step choreography will keep your workout exciting and new. *\*Must be 15 yrs. or older*

### Silver Sneakers

Music and workout especially designed to meet the needs of mature and/or physically challenged adults. Build muscular strength and endurance with the assistance of chairs, resistance bands and balls, hand-held weights and your own body weight.

Benefits: improve coordination, posture, muscular and joint strength.

### Yoga

A class designed to help you improve strength, flexibility, balance, posture & reduce stress.

### Beginning Step

Cardio step class designed with the novice exerciser in mind. Gentle step choreography set to energizing music to start your day. Risers available for the intermediate exerciser.

### All-Over Toning

This class will tighten and tone your whole body. Resistance training with balls and bands to increase all over, total body strength.

### Les Mills BODYPUMP

This is the original barbell class with weights that strengthens your entire body. BODYPUMP is designed to improve strength and endurance in the major muscle groups, in doing so, burn up to 600 calories per 1 hour class. *Must be 15 yrs. or older*

### \*Boot Camp

A high impact, interval training class to get the maximum burn with toning. A great workout finished in a 30 minute class. *\*Must be 15 yrs. or older.*

### \*Spinning

An indoor workout with outdoor fun! Focuses on lower body strength and endurance. Added hand-weights for the upper body. *\*Must be 15 yrs. or older.*

### Step-N-Sculpt &

Strengthen your cardio-vascular system while sculpting legs, lower body and all major muscles (including core) through the use of a step bench (and occasionally a Bosu). This class will add a little “oomph” to your weekly workout routine and could possibly even be your “plateau breaker.”

### Zumba

This class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat.

### Zumba Light

This class takes the Zumba formula and modifies the moves and pacing to suit the needs of active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

### Zumba Toning

Love Zumba but need to get some toning into your workout? This fun, functional workout adds weights and classic lower body toning to your favorite Zumba moves!

### Zumba Fusion

If you love Zumba and Zumba Toning and want a MEGA dose of both to start your Saturday, then this is your class! Traditional Zumba songs mixed with Zumba toning songs will burn calories, tone muscles, and leave you smiling! Light weights will be used during some toning songs.

### Mid-Morning Cardio

Low-impact floor cardio. This class is for anyone who wants the benefits of an aerobic workout minus the “bounce” or impact. Includes light toning and stretch. Benefits: Burn calories, improve cardio-vascular health, posture, coordination and circulation.

### A.B.S. Class

Abdominals-Back-Strength

15-minute class exclusively to strengthen the abdominals and back.

### Tai Chi

An especially designed form of Tai Chi sponsored by the Arthritis Foundation. Originating in ancient China, Tai Chi is a gentle exercise that is easy to learn. Effective and safe motions increase heart and lung activity, aligns posture, improves balance and integrates the mind and body. Suitable for everyone.

### Kickboxing

Designed to use kickboxing moves to get your maximum benefits of cardio needed to burn the calories & tone up muscles. Strength toning.

### Step & Tone

This step class is to get your heart pumping in the early morning with cardiovascular and strengthening exercises to give you that over heart conditioning and toning.

### Interval Training

This class is designed to use a variety of equipment to give you that maximum burn



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