



Group Exercise Land Fitness

Starting Sept 6th

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

All classes subject to change. Participants must be 13 years or older or between ages 10-12 years with an adult (*some classes are restricted). *Boot Camp, Advanced Step and Spinning classes – must be 15 yrs. or older to participate. Child Watch hours: M/W/F 8:15 a.m. – 1:00 p.m. and 4:15-8:00 p.m. T/Th 8:15am – 12:00 p.m. and 4:15-8:00 p.m.

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.*

Basic Lift

This class will be based on basic weight lifting exercises with a concentration on correcting form and building strength. Participants will use the barbell and weights to receive a full body workout.

*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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