



# GROUP EXERCISE SCHEDULE

## OCTOBER SCHEDULE

Effective 10/1/18

**MON.**

- 8:00am **Hi/Lo** with Jenni (Studio)
- 9:15am **Zumba®** with Karrie (Studio)
- 10:15am **QiGong** with Bill (MPR)
- 10:15am **Wellness Center Workout** with Karrie (Wellness Center)
- 5:15pm **Zumba®** with Brittany (Studio)
- 6:15pm **Kettle Kamp** with Karrie (Studio)

**TUE.**

- 5:45am **Spin** with Sherry (Studio B)
- 9:05am **Step it Up** with Jill (Studio)
- 10:15am **Yoga** with Monica (Studio)
- 10:15am **Silver Sneakers® Classic** with Carol (MPR)
- 2:30pm **Delay the Disease** (Studio) \* *call for availability and to register*
- 6:00pm **Tabata** with Tina (Studio)

**WED.**

- 8:00am **Hi/Lo** with Jenni (Studio)
- 9:15am **Zumba®** with Karrie (Studio)
- 10:05am **Tunes 'n' Toning** with Karrie (Studio)
- 10:15am **QiGong** with Bill (MPR)
- 5:15pm **Zumba** with Brittany (Studio)
- 6:05pm **Fusion Strength** with Tina (Studio)
- 7:00pm **Family Yoga** with Heather (Studio)

**THU.**

- 9:05am **Step It Up** with Jill (Studio)
- 10:15am **Yoga** with Abbie (Studio)
- 10:15am **Silver Sneakers® Classic** with Carol (MPR)
- 5:15pm **Zumba** with Karrie (Studio)
- 6:15pm **Yoga** with Abbie or Monica (Studio)

**FRI.**

- 8:00am **Hi/Lo** with Jenni (Studio)
- 9:15am **Zumba®** with Brittany (Studio)
- 9:15am **Rip60** with Jill (STUDIO B)
- 10:15am **Super Core & Balance** with Tina (Studio)

**SAT.**

- 8:30am **Tabata** with Tina (Studio)
- 9:15am **Zumba®** with Katie or Denise (Studio)

### CHILD WATCH

We'll watch your children while you exercise! Ages 2 months-6yrs.

Thanks to the United Way for their generous support!



### CHILD WATCH HOURS

\* schedule subject to change

	MON	TUE	WED	THUR	FRI	SAT
AM	8:00-11:30	9:00-11:30	8:00-11:00	9:00-11:30	8:00-11:00	8:00-10:30
PM	5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00		

## CLASS DESCRIPTIONS

- ◆ **Family Yoga:** Suggested ages 3-9 accompanied by an adult. Families will enjoy together a time of relaxation for body, mind and spirit through exercises that stretch, strengthen, improve flexibility, build balance, develop coordination, using songs, stories and fun games. Yoga promotes healthy bodies with the positive benefits of better focus, increased confidence, improved concentration and stress management.
- ◆ **Fusion Strength:** A 30 minute strength building class combining body weight exercises and a variety of equipment such as hand weights, weighted bar, bands and medicine balls to achieve total body strengthening and toning.
- **Hi/Lo:** A tried and true yet unique exercise class, you'll enjoy the basics in this hour of movement to music. You will be led through a wide variety of movement and exercises. With a focus on balance, emphasis on stretching, and attention to self awareness, this is for all ages/sizes/levels.
- ◆ **Kettle Kamp:** One piece of equipment, one mega workout! This "bootcamp" style class uses kettlebells and interval training techniques to build cardiovascular and muscular strength. **Qigong:** An ancient Chinese system of gentle movements and self massage that will help improve your physical well being
- ◆ **Rip60®** Rip 60 will help you to lose weight, strengthen your muscles, and increase your flexibility, power and endurance using suspended rotation in order to force your body to stabilize and balance in workouts to activate all the muscles in your body.
- **SilverSneakers® Classic:** This "core" class through Healthways is designed to increase strength, range of movement, agility, balance and coordination. Improve your functional capacity, physical fitness level and sense of well being.
- ◆ **Spin & Swim:** Tuesdays - indoor cycling class that consists of cardio challenges, varying resistant levels, climbs, sprints and more. This class uses modifications for both the less experience and the advanced riders. Moderate to high fitness levels are encouraged to attend. **Step It Up:** A cardio and strength training class utilizing Tabata, basic step moves, and various strength training exercises with modifications for various levels.
- ◆ **Super Core and Balance:** 30 minute core building class focusing on muscles that support balance and posture utilizing standing and mat exercises to strengthen abs, glutes and back muscles to maintain or improve balance, coordination and core strength.
- **Tunes 'n' Toning:** 25-minute short class is designed to be a quick addition to your day by targeting the areas that often get overlooked during your cardio workouts.
- ◆ **Tabata:** 30-minute class, upbeat style of training that combines the energy of group exercise with interval training! Burns more fat than typical cardio exercise.
- ◆ **Yoga:** Quiet and calm your mind while you strengthen and balance your body. Sun salutations, warriors and lots of much-needed stretching set to beautifully relaxing music. Enjoy!
- ◆ **Zumba:** A fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. Prepare to have fun! This is a great cardio workout!
- **Wellness Center Workout:** Muscle not only equals metabolism, it helps support our bones. This class will utilize the machines in the Wellness Center and be a great time to pump it up with friends.

### INTENSITY LEVELS

- ▲ Low
- Low/Medium
- ◆ Medium/High
- High Intensity

### LAND FITNESS FEES

Classes included with membership.  
 Non-Member \$10 day pass.  
 Photo ID Required!

### BUILDING HOURS

Mon-Thurs	5:30am-8:30pm
Friday	5:30am-6:30pm
Saturday	8:00am-3:00pm
Sunday	CLOSED