

# LAND CLASSES

WINTER 2020: Updated January 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00 am <b>BODY PUMP</b> Kali • Fitness Studio	5:45-6:30 am <b>CYCLE JOURNEY</b> Rio • Cycle Studio	5:15-6:00 am <b>BODY PUMP</b> Kali • Fitness Studio	5:45-6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio	5:45-6:30 am <b>CYCLE JOURNEY</b> Garrett • Cycle Studio	
8:30-9:20 am <b>CYCLE JOURNEY</b> Nancy • Cycle Studio	8:45-9:20 am <b>30-MINUTE CYCLE</b> Nancy • Cycle Studio		8:45-9:20 am <b>30-MINUTE CYCLE</b> Nancy • Cycle Studio	8:30-9:20 am <b>CYCLE JOURNEY</b> Rio • Cycle Studio	8:00-8:50 am <b>CYCLE JOURNEY</b> Rio • Cycle Studio
9:30-10:20 am <b>HOOP FIT</b> Rebecca • Fitness Studio	9:30-10:20 am <b>CORE ZONE</b> Nancy • Fitness Studio	9:30-10:20 am <b>MID-LEVEL FIT</b> Toni • Fitness Studio	9:30-10:20 am <b>BARRE SCULPT</b> Nancy • Fitness Studio	9:30-10:20 am <b>POWER YOGA</b> Rebecca • Fitness Studio	9:00-9:50 am <b>INTERVAL BLAST</b> Rio • Fitness Studio
10:30-11:20 am <b>HEALING YOGA</b> Rebecca • Fitness Studio		10:30-11:20 am <b>HEALING YOGA</b> Rebecca • Fitness Studio			9:00-9:50 am <b>PILATES MAT</b> Terry • Mind/Body Studio
					10:00-11:20 am <b>LINE DANCE</b> Sandy • Fitness Studio
1:00-1:50 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio		1:00-1:50 <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio		1:00-1:50 pm <b>RESTORATIVE MOVEMENT</b> Rebecca • Fitness Studio	10:00-10:50 am <b>POWER YOGA</b> Mike • Mind/Body Studio
					11:00-11:50 am <b>QIGONG</b> Mike • Mind/Body Studio
5:00-5:50 pm <b>BODY PUMP</b> Madison • Fitness Studio	5:30-5:50 pm <b>ABS EXPRESS</b> Rio • Fitness Studio	5:00-5:50 pm <b>BODY PUMP</b> Madison • The Field	5:00-5:50 pm <b>MID-LEVEL FIT</b> Rio • Fitness Studio	5:30-6:20 pm <b>CYCLE JOURNEY</b> Janet • Cycle Studio	
5:30-6:20 pm <b>CYCLE JOURNEY</b> Julie G • Cycle Studio	6:00-6:50 pm <b>PLEX PUMP</b> Rio • Fitness Studio	6:00-6:50 pm <b>ZUMBA</b> Sarah • Fitness Studio	6:00-6:50 pm <b>BARRE SCULPT</b> Madison • Fitness Studio		9:30-10:20 am <b>CYCLE JOURNEY</b> Julie • Cycle Studio
6:00-6:50 pm <b>ZUMBA</b> Sarah • Fitness Studio	6:00-6:50 pm <b>CYCLE JOURNEY</b> Ali • Cycle Studio	6:00-6:50 pm <b>CYCLE JOURNEY</b> Ali • Cycle Studio	6:00-6:50 pm <b>YIN YOGA</b> Bonnie • Mind/Body Studio		10:30-11:20 am <b>BARRE SCULPT</b> Madison • Fitness Studio
6:00-6:50 pm <b>QIGONG</b> Mike • Mind/Body Studio	6:00-6:50 pm <b>HEALING YOGA</b> Ann • Mind/Body Studio	6:30-7:30 pm <b>FAMILY KARATE</b> Tyrone • Kidtown	6:30-7:30 pm <b>FAMILY KARATE</b> Tyrone • Kidtown		11:30-12:20 pm <b>BODY PUMP</b> Madison • Fitness Studio
7:00-7:50 pm <b>BALLET BARRE</b> Madison • Fitness Studio	7:00-7:50 pm <b>BARRE SCULPT</b> Madison • Fitness Studio	7:00-7:50 pm <b>BALLET BARRE</b> Madison • Fitness Studio	7:00-7:50 pm <b>LINE DANCE</b> Sandy • Fitness Studio		
7:00-7:50 pm <b>HEALING YOGA</b> Mike • Mind/Body Studio		7:00-7:50 pm <b>YIN YOGA</b> Mike • Mind/Body Studio			

## SUNDAY

9:30-10:20 am  
**CYCLE JOURNEY**  
Julie • Cycle Studio

10:30-11:20 am  
**BARRE SCULPT**  
Madison • Fitness Studio

11:30-12:20 pm  
**BODY PUMP**  
Madison • Fitness Studio

## CARDIOVASCULAR & DANCE-BASED

### Barre Sculpt

A fusion of ballet, Pilates and barre exercises improve core balance, strength and overall flexibility. Feel stronger, taller and more toned.

### Cycle Journey

Burn calories and improve athletic performance through varied terrain rides on a stationary bike. Follow the pace of the instructor or set your own pace to meet your personal goals.

### Dance FIT

This class is based on current trends and dance moves that keep moving to the beat of contemporary music from all over the world.

### Line Dancing

Learn popular line dances while burning calories. Each dance is choreographed to 3 songs - slow, medium and fast - to challenge your dancing skills and get the heart rate up.

### Zumba® Dance

Zumba combines high energy and motivating music with unique Latin style moves and combinations. Prepare to burn maximum calories while having the time of your life!

## CORE TRAINING

### Abs Express

Focus on abdominals, lower back, shoulders and hip girdles to enhance abdominal definition, core stability and flexibility.

### Core Zone

A high-intensity approach to shaping and strengthening the powerhouse/core. Build trunk muscles, raise the heart rate and rediscover that washboard stomach.

### Hoop Fit

Improve core strength, tone stomach, arms, thighs and butt in a low impact, high energy workout that can burn 400-600 calories an hour.

## STRENGTH TRAINING

### BODY PUMP

Challenge every muscle group in this barbell class designed to build strength, tone your body and push you to your limit. All levels welcome.

### Interval Blast

This interval workout includes equal segments of calorie burning aerobic activity and strength training.

### Mid-Level FIT

Medium impact exercises incorporating cardio and weights designed for middle age to older. Improve strength, balance and core.

### Plex Pump

Work every single major muscle group with the help of barbells, hand weights and resistance tubes.

## MIND BODY TRAINING

### Family Karate

Martial arts is a sport that all ages can enjoy. Bring the kids and get a great family workout.

### Healing Yoga

A safe introduction to basic yoga postures plus breathing and relaxation techniques. Easy-to-follow instruction makes this class suitable for beginners. Ongoing students welcome.

### Pilates Mat

A series of mat exercises emphasize core strength, flexibility and awareness to support efficient, graceful movement.

### Power Yoga

An advanced form of yoga focused on strength and core conditioning not recommended for beginner yoga students.

### Qigong

Meditation combined with self-healing movements, postures and self-massage techniques help promote mental equanimity, emotional clarity and physical vitality. All fitness levels.

### Restorative Movement

Cross train your mind and body with gentle conditioning movements, Tai Chi, Pilates and light stretching. Optional use of a chair, wall or mat. This class helps keep bones and muscles strong to improve range of motion and stability.

### Vinyasa Flow

A flowing sequence of postures directly related to the breath enhance your body awareness and decrease stress.

### Yin Yoga

A meditative form of deep stretching. Yin Yoga uses long passive holds in seated postures to improve flexibility, reduce stress and cultivate mental focus. For all fitness levels.