

LAND CLASSES

WINTER 2020: Updated January 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:00-6:30 am HIIT Susan • Fitness Studio</p>	<p>6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio</p>	<p>6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio</p>	<p>6:00-6:45 am CYCLE JOURNEY Amy • Cycle Studio</p>	<p>6:00-6:30 am HIIT Susan • Fitness Studio</p>	
<p>8:00-8:55 am TONE & CHISEL John • Fitness Studio</p>		<p>8:00-8:55 am YIN YOGA Nicki • Mind/Body Studio</p>	<p>7:00-7:55 am BARRE Karen • Fitness Studio</p>	<p>8:00-8:55 am TONE & CHISEL Joe • Fitness Studio</p>	<p>8:00-8:55 am TONE & CHISEL Rotation • Fitness Studio</p>
<p>9:00-9:55 am OLDIES BUT GOODIES Carol • Fitness Studio</p>	<p>9:00-9:55 am ZUMBA Laurel • Fitness Studio</p>	<p>8:00-8:55 am FIT FUSION Susan • Fitness Studio</p>	<p>8:00-8:55 am EMBODI YOGA Nicki • Mind/Body Studio</p>	<p>9:00-9:55 am OLDIES BUT GOODIES Amy • Fitness Studio</p>	<p>8:00-8:55 am CYCLE JOURNEY Dennis • Cycle Studio</p>
<p>10:00-10:55 am FIT FUSION Joe • Fitness Studio</p>	<p>9:30-10:25 am BEGINNER PILATES MAT Yveatte • Mind/Body Studio</p>	<p>9:00-9:55 am OLDIES BUT GOODIES Carol • Fitness Studio</p>	<p>9:00-9:55 am ZUMBA Eric • Fitness Studio</p>	<p>10:00-11:00 am FIT FUSION Joe • Fitness Studio</p>	<p>9:00-9:55 am CARDIO BOOT CAMP Rotation • Fitness Studio</p>
<p>10:00-10:45 am CHAIR YOGA Yveatte • Mind/Body Studio</p>	<p>10:00-10:55 am SCULPT MIX Joe • Fitness Studio</p>	<p>9:00-9:55 am CYCLE JOURNEY John • Cycle Studio</p>	<p>9:30-10:25 am BEGINNER PILATES MAT Yveatte • Mind/Body Studio</p>	<p>10:00-10:45 am CHAIR YOGA Yveatte • Mind/Body Studio</p>	<p>9:00-10:00 am HATHA YOGA Rotation • Mind/Body Studio</p>
	<p>11:00-11:55 am HATHA YOGA Carol • Mind/Body Studio</p>	<p>10:00-10:45 am CHAIR YOGA Yveatte • Mind/Body Studio</p>	<p>10:00-10:55 am SCULPT MIX Joe • Fitness Studio</p>		
		<p>10:00-10:55 am TAI CHI Karen • Fitness Studio</p>	<p>11:00-11:55 am EMBODI YOGA Candee • Mind/Body Studio</p>		
	<p>1:00-1:55 pm RESTORATIVE MOVEMENT Zmara • Fitness Studio</p>			<p>1:00-1:55 pm RESTORATIVE MOVEMENT Zmara • Fitness Studio</p>	
<p>5:30-6:15 pm INTERVAL BLAST Toni • Fitness Studio</p>	<p>5:00-5:55 pm TAI CHI Karen • Fitness Studio</p>	<p>5:30-6:15 pm INTERVAL BLAST Amy • Fitness Studio</p>	<p>5:00-5:45 pm PLEX PUMP Joe • Fitness Studio</p>		
<p>5:30-6:25 pm CYCLE JOURNEY Eva • Cycle Studio</p>	<p>6:00-6:55 pm CARDIO BOOT CAMP Joe • Fitness Studio</p>	<p>5:30-6:25 pm CYCLE JOURNEY Eva • Cycle Studio</p>	<p>6:00-6:55 pm CARDIO BOX Joe • Fitness Studio</p>		
<p>6:15-7:15 pm VINYASA YOGA Nicki • Mind/Body Studio</p>	<p>6:00-6:55 pm CYCLE JOURNEY Dennis • Cycle Studio</p>	<p>6:30-7:25 pm YIN YOGA Ellen • Mind/Body Studio</p>	<p>5:30-6:25 pm CYCLE JOURNEY Karen • Cycle Studio</p>		
<p>6:30-7:30 pm PILATES MAT Toni • Fitness Studio</p>	<p>7:00-7:55 pm LINE DANCING Vicky • Fitness Studio</p>	<p>6:15-7:15 pm ZUMBA Eric • Fitness Studio</p>	<p>6:00-6:55 pm HATHA YOGA Carol • Mind/Body Studio</p>		
		<p>6:30-7:25 pm BEGINNER CYCLE *FIRST WED OF MONTH* Jay • Cycle Studio</p>	<p>7:10-7:50 pm BOOT CAMP Carol • Fitness Studio</p>		

CARDIOVASCULAR, STRENGTH & DANCE-BASED TRAINING

Cardio Boot Camp • Moderate to High

This high-intensity, fast-paced interval workout takes you through callisthenic drills while burning calories and building muscle.

Cardio Box • Moderate to High

Combines boxing with knees, kicks, and full body workout combinations. Much of the training is partner based.

Fit Fusion • Moderate to High

Low impact strength and cardio focuses on toning and fat burning while improving balance and cardio endurance.

HIIT • High

High-intensity interval training is a training technique in which you give one hundred percent effort through quick, intense bursts of exercise, followed by short, active recovery periods.

Interval Blast • Moderate to High

Combined high intensity interval and resistance training exercises give you a complete workout in 45 minutes.

Oldies But Goodies • Moderate/Multi-Level

Build strength, mobility, endurance and balance in this fun interval-style class designed for older adults looking for fitness with no floor work. Can be modified for all fitness abilities.

Plex Pump • Moderate to High

Barbells and adjustable weights strengthen and tone the entire body in this 45-minute rhythmic resistance training class.

Sculpt Mix • Moderate to High

Interval-based class combines traditional strength exercises with power plyometrics for high intensity fat burn and body sculpting.

Tone and Chisel • Moderate to High/Multi-Level

Firm and shape the total body with free weights, bands and balls. Perfect for improving muscle tone, flexibility and posture.

Zumba® Dance • Moderate to High

Zumba combines high energy music with unique Latin-style moves. Burn calories and feel good doing it!

INDOOR CYCLING

Beginner Cycle Journey • Moderate

Join us the first Wednesday of every month to learn the basics of indoor cycling.

Cycle Journey • Moderate to High - Multi-Level

Control your own resistance as you race through drills, hills, flats and jumps on a simulated ride through various terrains.

Pre-registration required for Cycling classes. Reserve your bike at the Front Desk or call 389-5600.

MIND/BODY TRAINING

Chair Yoga • Low to Moderate

Yoga poses done seated in a chair or standing next to a chair. This class builds and maintains flexibility, balance and strength.

Embodi Yoga • Low - Multi-Level

Through movement exploring breath and a deeper sense of integration for ease and efficiency of function on and off the mat.

Hatha Yoga • Moderate - Multi-Level

Flow from one pose to the next linking breath and movement to create energy and power all at a slower pace.

Pilates Mat • Moderate - Multi-Level

Mat exercises strengthen the core muscles and lengthen tight lower body muscles to improve core strength and overall flexibility.

Restorative Movement • Low to Moderate

Awaken the mind, build self security and become aware of breath and body through restorative movement.

Tai Chi • Moderate

Total body strengthening and relaxation progressions that integrate mental, physical and spiritual energy.

Vinyasa Yoga • Moderate to High

A flowing sequence of postures that are directly related to the breath. Enhance body awareness and decrease stress.

Yin Yoga • Low to Moderate - Multi-Level

Basic yoga postures are held for longer durations of time with an emphasis on breathing and relaxation techniques.

SPECIALTY TRAINING

Barre • Moderate

A thoughtful series of low impact, isometric movements that are designed to produce results. You'll use the ballet barre and other light equipment as you move through class, focusing on different areas of your body.

Line Dancing • Moderate - Multi-Level

Learn line dances to popular music in a non-intimidating atmosphere. Burn calories, too!