

# **Land Group Exercise Schedule**

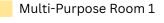
September 3 - January 4, 2025

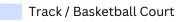
MON	TUE	WED	THR	FRI	SAT
5:30- 6:15AM	5:30 - 6:30AM	5:30 - 6:15AM	5:30 - 6:30AM	7:30 - 8:15AM	7:45 - 8:15AM
Body Blast	Cycle Performance	Total Body Strength	Cycle Performance	Glutes, Guns & Guts	Cardio Express
Mina	Laura	Laura	Laura	Paula	Mina
7:30 - 8:30AM	7:00 - 7:45AM	7:30 - 8:30AM	6:00 - 7:00AM	7:45 - 8:30AM	8:00 - 9:00AM
Total Body Strength	TBS Express & Mat Pilates	Body Blast	Yoga	Hi/Low Cardio	Cycle Performance
Ylona	Sally	Karen	Nicole	Jen	Bonnie
7:45 - 8:45AM	7:45 - 8:45AM	8:30 - 9:30AM	7:30 - 8:15AM	8:30 - 9:15AM	8:15 - 9:15AM
Cycle & Core	ATAC	Cycle Performance	Mat Pilates & Balance	Cycle	Total Body Strength
Paula	Paula	Tammy	Sally	Tammy	Mina
8:35 - 9:35AM	8:45 - 9:30AM	8:35 - 9:35AM	8:30 - 9:25AM	8:35 - 9:35AM	9:25 - 10:25AM
Muscle Pump	High/Low Cardio	Total Body Strength	Total Body Strength	Yoga	Zumba
Yi-Jin	Nichelle	Lana	Laurie / Carol	Lana	Dara
9:45 - 10:45AM	9:35 - 10:30AM	9:45 - 10:45AM	8:45 - 9:30AM	9:45 - 10:45AM	10:30 - 11:30AM
Yoga	Cardio Boxing & Strength	Zumba	Cycle Yi-Jin	Muscle Pump	Yoga
Adrienne Ann	Laurie / Jen	Danielle	9:35 - 10:30AM	Yi-Jin	Julie
11:00 - 11:30AM	10:35 - 11:05AM	11:15 - 12:00PM	Yoga	11:00 - 11:55AM	11:45 - 12:30PM
Energizer Cardio	Glorious Glutes	Basic Step & Toning	Lana	Werq!	Pilates Fusion
Express	(Fee Based)*	Strength	10:45 - 11:30AM	Jepharya	Lana
Lana	Paula	Lana	Ballroom Dance Cardio	12:00 - 1:00PM	
11:30 - 12:15PM	11:15 - 12:15PM	12:30 - 1:30PM	Nichelle	Energized Yoga	
Total Body Strength	Energizer Interval	BeMoved Dance	11:15 - 12:00PM	Katie	SUN
Lana	Karen	Annie	Energizer Cycle	1:15 - 2:15PM	8:00 - 9:00AM
12:30 - 1:30PM	11:15 - 12:00PM	1:35 - 2:05PM	Mary	Zumba Gold	Creative Step
Energizer Yoga	Energizer Cycle	Balance Express	11:35 - 12:20PM	Dara	Jen
Sally	Sally	Carol	Energizer TBS	Dala	9:15 - 10:15AM
1:35 - 2:05PM	12:30 - 1:15PM	4:30 - 5:25PM	Nichelle		Total Body Strength
Seated Strength Express	Energizer Chair Yoga	Yoga	12:30 - 1:30PM Energizer Chair Yoga		Jessie
Sally	Lana	Adrienne Ann	Mary Kay		10:30 - 11:30AM
4:15 - 5:15PM	2:30 - 4:15PM	5:30 - 6:25PM	1:45 - 2:30PM		Yoga
Yoga	Tap Beg/Adv (Fee Based)*	Pilates Fusion	Restorative Yoga		Katie
Nicole	Annie	Jessie	Nicole		
4:30 - 5:30PM	4:30 - 5:30PM	6:35 - 7:05PM			
Total Body Strength	Mat Pilates & Stretch	Lift Heavy	4:30 - 5:15PM Muscle Pump		
Julie	Ylona	Carol	Mandy		
6:00 - 7:00PM	5:30 - 6:30PM		,		
Zumba	Dynamic Duo		5:30 - 6:30PM Zumba		
Dara	Tom & Danielle		Danielle / Thomas		
7:15 - 7:45PM	5:30 - 6:30PM				
Lo-Impact Cardio &	Cycle Plus		6:00 - 6:45PM		
Strength	Carolyn		Cycle Carolyn		
Mandy	6:30 - 7:30PM		•		
	Yoga		6:45 - 7:15PM TBS Express		
	Nicole		Mandy		
			- /		

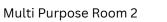
# **Class Location Color Codes**

Studio

Multi Purpose Room 3







\* Denotes Fee Based Class

# Paula McBride

Group Exercise Supervisor

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Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.



# **Land Group Exercise Class List**

# ATAC (Athletic Training and Conditioning)

A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout!

#### **Balance Express**

A class designed to keep us upright and steady.

#### **Basic Step and Toning Strength**

Take one step at a time to learn single bench basic step and tone up with light weight upper body movements.

#### **BeMoved Dance**

Movement expressed through dance and music with the power to enhance your well being.

# **Body Blast**

A total body strength workout with a cardio thrown in for an added "blast!"

# **Cardio Boxing & Strength**

High energy Cardio boxing and strength that includes a series of combinations that may include punches, blocks and kicks, plyometric exercises, core and more.

### **Cardio Express**

Calorie burning in a variety of formats.

#### Cardio Strength (Low Impact)

Fat burning cardio that is easy on the joints. Can include, Hi/Lo, steps and more.

# Creative Step (INT/ADV)

Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. Step experience required.

#### Cycle & Core

Cycle followed by 15 minutes of focused core work.

# **Cycle Performance**

One hour of color guided cycle class,

## Cycle Plus

Cycle followed by 15 minutes of focused core, strength or stretch.

# Glutes, Guns and Guts

That's it...let's work our glutes, arms and core.

#### Hi/Lo Cardio

A blast of high and low impact choreographed aerobics

#### Lift Heavy

If You're not— you should be! Low reps with options for all levels builds a healthy heart, bone density, metabolism & confidence while reducing risk of injury.

#### Low Impact Cardio and Strength

This cardio class will be easy on the knees but you will still get a good sweat going. Add a little strength and it is just what you needed!

#### **Mat Pilates**

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength.

#### Mat Pilates with Balance

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added balance portion.

#### Mat Pilates with Stretch

This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added stretch portion.

#### Muscle Pump

Using a body bar and dumbbells working 4 min of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance.

#### **Pilates Fusion**

A workout using light weights, small movements for body sculpting and toning.

### Restorative Yoga

Rest, relax, and recover in comfortable yoga poses that will help to restore your body.

### **Seated Strength**

Strength workout while staying seated in a chair.

# **Total Body Strength**

(TBS) This class offers effective strength training in a group setting. Balanced focus on all muscle groups to improve muscular strength and/or endurance.

#### Yoga

Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or lyengar based styles.

# Werq!

A new dance class with a hip hop vibe. Easy to follow and full of energy! Get ready to dance!

#### Zumba

HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome.

# **Energizer Classes (Recommended for 55+)**

# **Energizer Cardio**

A variety of low impact movements that are fun for the mature adult (or novice exerciser).

# **Energizer Chair Yoga**

Using a chair to help balance and modify and yoga poses.

#### **Energizer Cycle**

Indoor cycling class designed to simulate outdoor open road riding. Cardiovascular benefits galore!

#### **Energizer Interval**

his class is for the mature adult with intervals of cardiovascular exercise and weight training. Loads of fun and variety.

#### **Energizer Interval**

Effective resistance, balance and core training.

# **Energizer Yoga**

Calm your nerves, ease stiffness, improve muscle tone and focus your mind. Vinyasa or lyengar based method is followed to safely guide each participant toward enhanced flexibility, strength, and stamina.

#### Zumba Gold

Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more.