



Begins: September 11th, 2023

LAND FITNESS

GROUP EXERCISE SCHEDULE

MONDAY

Class	Time	Location
RISE & RIDE (MJ)	5:15-6:00 AM	2
STEP & STRENGTH (DB)	8:15-9:00 AM	1
SIX ZONES (BD)	9:15-10:15 AM	G
MAT PILATES (DB)	9:15-10:00 AM	Y
STRENGTH & STRETCH (NK)	10:30-11:15 AM	1
GROUP POWER ® (CB)	4:30-5:30 PM	1
YOGA & SCULPT (AG)	5:35-6:35 PM	Y

TUESDAY

Class	Time	Location
30/30 (AG)	5:15-6:15 AM	B/1
FITNESS BOXING (PB)	8:15-9:00 AM	B
GROUP CENTERGY ® (MJ)	9:15-10:15 AM	1
GENTLE YOGA *** (DA)	10:30-11:15 AM	Y
HIIT FIT (TG)	4:30-5:30 PM	1
POWER PEDAL (PB)	5:30-6:15 PM	2

WEDNESDAY

Class	Time	Location
RISE & RIDE (JY)	5:15-6:00 AM	2
GROUP POWER ® (MJ)	8:15-9:15 AM	1
VINYASA FLOW (NK)	9:20-10:20 AM	Y
GROUP POWER ® (CFW)	5:30-6:30 PM	1

THURSDAY

Class	Time	Location
HIIT FIT (TG)	5:15-6:15 AM	1
POWER PEDAL (PB)	8:15-9:00 AM	2
SIX ZONES (NK)	9:15-10:15 AM	G
GENTLE YOGA *** (DA)	10:30-11:15 AM	Y
GENTLE JOINTS *** (CB)	11:30-12:15 PM	1
POWER PEDAL (KR)	5:30-6:15 PM	2
SLOW FLOW (CH)	6:30-7:30 PM	Y

FRIDAY

Class	Time	Location
ASHTANGA YOGA (CH)	5:15-6:15 AM	Y
GROUP POWER ® (CB)	8:15-9:15 AM	1
GROUP CENTERGY ® (MJ)	9:20-10:20 AM	1

SATURDAY

Class	Time	Location
RISE & RIDE (JY)	7:15-8:15 AM	2
GROUP POWER ® (CFW)	8:15-9:15 AM	1
ZUMBA ® (DA)	9:20-10:20 AM	1
STRETCH & FLOW (AG)	9:30-10:30 AM	Y

SCHEDULE KEY

- 1: Studio 1**
- 2: Studio 2**
- Y: Yoga Studio**
- B: Boxing Studio**
- G: Gym Floor**
- ***: Senior Level**

PLEASE NOTE

- All classes consistently below an average of 8 participants are subject to format changes or cancellation.
- Participation for some classes will be limited.
- Instructors may change without notice
- Vouchers required for cycling classes. Vouchers may be picked up at the Front Desk.
- \$3.00 fee for yoga mats.

INSTRUCTORS

Chelsea Heikes (CH)
Bobby Delira (BD)

Casey Babinski (CB)
Kyle Rybolt (KR)
Tyler Gut (TG)
Michele Janota (MJ)

Deisy Anderson (DA)
Peyton Bovie (PB)
DeAnn Bruggert (DB)

Amy Glassford (AG)
Cindi Westphal (CFW)
Nathan Kersey (NK)
Jen Yeates (JY)

Land Descriptions

Power Pedal/Rise & Ride: Saddle up and experience these classes to burn calories and increase endurance! Pedal through hill climbs, sprints and other challenging drills.

30/30: Calling all early birds! First wake-up call is 30 minutes of cardio boxing. After that will be 30 minutes of strength exercises. If 30/30 can't get your day started right, nothing will!

Gentle Yoga: This class will consist of breathwork, basic poses moving in a slow, low-impact way. You may find yourself flowing from pose to pose or you may find yourself holding poses for a longer period of time. Yoga poses will consist of standing as well as floor kneeling, seated or lying postures.

Group Power: Group Power will blast your muscles with high-rep weight training using adjustable barbells, weight plates and body weight.

Step & Strength: Choreographed to high energy music, this class is a great workout! This session incorporates abdominal work for a full body workout.

Stretch & Flow: Perfect for yoga beginners. Increase your mobility, balance, core strength and body awareness. Bring a yoga mat and be ready to get your Zen on.

Slow Flow: Participants will focus on moving slowly through a series of fluid postures, flowing continuously through sun salutations emphasizing on linking breath to movement while relieving tension in the body.

HIIT Fit: A rigorous interval training sequence with high intensity exercises. Builds cardiovascular fitness while improving muscular strength and endurance.

Yoga & Sculpt: A workout that combines strength and cardio exercises with a traditional Asana practice for a full body workout.

Gentle Joints: This Arthritis Foundation exercise class is designed specifically for individuals with arthritis. Low-impact activities help you maintain overall muscle strength, improve joint flexibility and increase range of motion.

Group Centergy: Become stronger with an invigorating 60-minute mind/body workout. This class incorporates Yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and core.

Six Zones: In this non-stop workout you will have tools and technology to use while training in six different zones during five minute intervals.

Vinyasa Flow: Participants will focus on linking conscious breath with a mindful movement. The class will awaken your strength, energy and flexibility.

Fitness Boxing: This class will work your body and mind! Class will include cardio warm-up, traditional punch combos and intervals of strength and core work.

Mat Pilates: Work to improve balance, strength and flexibility, with an emphasis on challenging core muscles with each movement. Mat Pilates is a challenging yet safe method to sculpt your body and feel increased agility in everyday movements.

Strength & Stretch: the first part of this class will include a full body workout using light dumbbells and high-reps. The second part of class will include static and dynamic stretching to improve mobility.

Ashtanga Yoga: means "8 limbs" and refers to the 8 branches of yoga philosophy and practice. It is considered to be highly athletic. Class begins with a flow of Sun Salutation A and B and then moves into a set of Asanas that are held longer than in a Vinyasa class.

Zumba: A group fitness class that combines dance moves with high intensity and low intensity intervals. Zumba classes are designed to get your heart rate up and boost cardio endurance.



Begins: September 11th, 2023

AQUA FITNESS

GROUP EXERCISE SCHEDULE

MONDAY

Class	Time	Location
ULTIMATE INTERVALS (AJ)	9:30-10:15 AM	L
SENIOR FIT*** (AJ)	11:30-12:15 PM	T

TUESDAY

Class	Time	Location
20/20 (AB)	9:00-9:45 AM	L
AQUABATA (CR)	5:30-6:15 PM	L

WEDNESDAY

Class	Time	Location
AQUA BARRE (AJ)	9:30-10:15 AM	T
SENIOR FIT*** (CB)	11:30-12:15 PM	T

THURSDAY

Class	Time	Location
20/20 (PB)	9:30-10:15 AM	L
ULTIMATE INTERVALS (AB)	5:30-6:15 PM	L

FRIDAY

Class	Time	Location
AQUA BOOTCAMP (KR)	9:00-9:45 AM	T
SENIOR FIT*** (BD)	11:30-12:15 PM	T

SATURDAY

Class	Time	Location
ULTIMATE INTERVALS	9:30-10:15 AM	L

SCHEDULE KEY

L: Lap Pool

T: Therapy Pool

*****: Senior Level**

PLEASE NOTE

- All classes consistently below an average of 8 participants are subject to format changes or cancellation.
- Participation for some classes will be limited.
- Class instructors may change without notice.
- Instructors will rotate for the Saturday Intervals class.

INSTRUCTORS

Casey Babinski (CB)
Amanda Blanchette (AB)

Peyton Bovie (PB)
Kyle Rybolt (KR)
Carrie Rink (CR)

Bobby Delira (BD)
Ashley Jackson (AJ)
Amanda Blanchette (AB)

Aqua Descriptions

Aqua Boot Camp: High intensity training to target every part of your body! Be prepared to sweat even in the pool!

Aqua Barre: This class focuses on postural strength, alignment, flexibility and balance. This is a great class for those looking to lengthen and tone muscles but want to avoid stress on the joints.

Ultimate Intervals: Various aquatic training options are utilized to create a challenging advanced fitness workout!

Aquabata: Join us for this powerful workout that features the intensity of High Intensity Interval Training (HIIT) training without the impact and joint stress

Senior Fit: An enjoyable, safe exercise program that focuses on muscular and joint strength to improve the performance of daily activities.

20/20: Class begins with a warm up to get the heart pumping followed by a strength workout using weights, noodles and boards, class ends with core blasting moves and a cooldown!

