

the **Y** HEALTHY LIVING

LAND FITNESS CLASS SCHEDULE – September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Y Fit – Nikki (Court 1)	5:45-6:40AM P90X@LIVE Paula D	5:30-6AM Get On The Ball Kathleen	5:45-6:15AM Run 4 Fun Nikk/Robyn Y Lobby	5:45-6:40AM P90X@LIVE Paula D.		
7:40-8:40am Mindful Exercise Robyn	8-8:50am Beginner Yoga Pam	8-8:55am Flexibility for Life Julie D	8-8:50am Beginner Yoga Donna	8-9am Tai Chi Nikki	8-8:45am PiYo@LIVE (Court 1) Kelly	
9-10am *Fitness for Adults Dustin	9-10am *TRX (Court 3) Dustin	9-10am *Fitness for Adults Dustin	9-10am *TRX (Court 3) Dustin			
	9:05-9:50am Country Heat @LIVE Julie O	9-10am Stretch It Out (Wellness Center) Julie D.	9:05-9:50am The Basics Julie O.		9-9:45am Country Heat@ LIVE (Court 1) Kelly	
9:15-10:15am P90X@LIVE Linda		9:15-10:05am Core De Force @LIVE Linda	9:30-10:30am Kettlebell HIIT Paula D. (Court 2)	9:15-10:15am P90X@LIVE Linda		
9:30-10am Cardio Walk & Fit (Court 2) Phyllis	10-10:30am Quick Lift Julie O.	10-10:45am Zumba Gold® (Court 2) Julie O.	10-10:30am Quick Lift Julie O.	9:30-10:15am Zumba Gold® (Court 2) Julie O.		
	10:30-11am Fab-U-Less Julie O.		10:30-11am Fab-U-Less Julie O.			
10:30-11:30am SilverSneakers® Classic Julie O.	11:15-12:15am SilverSneakers® Circuit – Cammy	10:30-11:30am SilverSneakers® Classic Cammy	11:15-12:15am SilverSneakers® Circuit Cammy	10:30-11:30am SilverSneakers® Classic – Julie O.		
11:15-11:55am 20/20 Dustin		11:15-11:55am 20/20 Dustin				
5-5:30pm 30 Minute Shred Kathy	5-5:30pm Butts & Guts Dianne	5-5:30pm 30 Minute Shred Kathy	5-6pm 30/30 Dianne/Kathy			4-5pm Strong By Zumba® Kelly
5:30-6:20pm Insanity@LIVE Julie O.	5:30-6:30pm Zumba® Linda.	5:30-6:20pm Insanity@LIVE Julie O.	5:30-6:30pm Strong By Zumba® Kelly			
6:30-7pm Fab-U-Less Julie O.		6:30-7pm Fab-U-Less Julie O				
7:-7:30pm Nutrition 101: Real Talk (Community Room 2) Justin & Brad Starting Sept. 17		7-7:45pm PiYo@LIVE Kelly				
7:05-8pm Yoga Laura						

***PAY FOR CLASS**

REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:45am Kathleen		6:00-6:45am Dianne		6:00-6:45am Paula S.	8:00-9:00am 9/1-Paula
9:00-9:45am Julie O.	9:15-10:00am Cammy	9:00-9:45am Julie O.	9:15-10:00am Cammy	8:30-9am Beginner's Ride Julie O.	9/8-Saturday Surprise-Dianne 9/15-Cammy 9/22-Kathleen 9/29-Kathy
5:45-6:30pm Paula S.	5:45-6:30pm Dianne	5:45-6:30pm Kathy	5:00-6:00 pm 30/30 Dianne/Kathy		

- **Beginner Yoga**- Learn yoga basics and breathing/relaxation techniques. If you are moving and breathing you are doing yoga beautifully.
- **Butts & Guts**-30 minutes of intense muscle strength and endurance work targeting abs, hips, glutes, hamstrings, quads & lower back.
- **Cardio Walk & Fit**-This class enables the participant to actively engage in functional walking movement which affords mobility and stability in lower and upper extremities. Balance, reaching, bending and agility is what this class is about.
- **Core De Force® LIVE**-An empowering MMA-inspired program that has you punching, kicking, and jabbing your way to a badass bod. You will use your own body weight as resistance to sculpt your total-body. Modifications so you can adapt the moves to your own fitness level. Fight For It!!!
- **Country Heat® LIVE**-A country inspired cardio dance fitness class for all fitness levels.
- **Fab-U-Less**- This is an entry level class specifically designed for those beginning their fitness journey. You will be led by a veteran instructor who will guide you through an interval style workout to be a fab-u-less new you in no time! *Nutrition 101:Real Talk is available in conjunction with this class.
- ***Fitness Classes for Adults (Ages 50+)**-Come and learn the basics of strength training in a small group setting yet do a workout based on your own needs. *(Doctor's note may be required) Limit 6 people per class.* Member - \$47, Public - \$95
- **Flexibility for Life**-This class will be customized for your needs, corrective exercise for rehab and better posture, stretching for sports, breathing and visualizing. So release stress and increase relaxation. Good for anyone and all abilities.
- **Get On The Ball**-Sculpted arms, a strong core, tight glutes and firm legs are the focus of this 30-minute muscle toning workout. All moves are done using the stability ball and hand-held weights. All fitness levels welcome
- **Insanity® LIVE!**-This MAX Interval Training class uses maximum-intensity exercise with short periods of rest. This high-intensity activity forces the body to work for longer periods at a higher capacity than traditional workouts. Workout can be modified for a lower impact.
- **Kettlebell HIIT**-A one of a kind class that improves strength, endurance and cardiovascular fitness using high intensity interval training with the Russian kettlebell.
- **Mindful Exercise**-This class will focus on breathing patterns and awareness of body during exercise. Exercises will include a combination of flexibility, balance, functional strength and cardiovascular fitness.
- **Nutrition 101: Real Talk**-Real Talk, is a nutrition class designed to inform and help guide individuals towards becoming more nutritiously conscientious about their food choices. At times, nutrition information is cherry picked in order to support an individual's theory for a healthy lifestyle. Diet fads are created and misleading health claims are made based on false information. It creates a complex nutritional paradigm for consumers to navigate, leaving many individuals still wondering, "what should I eat?". In Nutrition 101: Real Talk, we will discuss the basics of nutrition, answer your nutrition related questions and devise simple strategies to make better lifestyle choices. Starting Monday, September 17!
- **PiYo®LIVE!**-A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement. (no class 9/5, 9/8, 9/12 - there will be yoga on 9/15 and PiYo starts back 9/19)
- **P90X®LIVE!**-A result driven, full body strength training format featuring unique blocks of work XCardio, Lower Strength, Upper Strength, & XCore. It is unlike anything else in Group Exercise and features powerful moves that motivate participants to push their limits while also including modifications for those just getting started.
- **Quick Lift**-Get your strength training workout in 30 minutes. All levels welcome.
- **Revolutions**-Participants of all levels welcome - you control your own intensity level. You'll burn calories like crazy while improving your cardiovascular endurance and building strength especially in the quadriceps, gluteus, hamstrings and calf muscles. Please arrive 10 minutes early to set up bike and bring a towel and water bottle. Members may sign up at the front desk for class 24 hours in advance and nonmembers 1 hour in advance. If not there when class starts your seat may be given away. If you fail to cancel twice you may not reserve a seat for 2 months.
- **Run 4 Fun**-You CAN learn to run for fun when you know your body better. This class focuses on each participant knowing his or her personal levels of effort. When you know how hard you are working you can maximize your own personal endurance. Each week (rain or shine but not in thunderstorms or ice!) we will go to the track to run/walk in intervals of varying duration and intensity. We can help you better prepare for your first 5k or your first half marathon!
- **Saturday Surprise**-This class will be held the second Saturday of each month. The class will consist of a combination of spinning and strength/interval/cardio work. Each class will be a 'surprise'. Be ready for a fun-filled workout! Note* If you use spinning shoes, please bring regular sneakers for floor work.
- **SilverSneakers® Circuit**-This is an interval class which includes 6 intervals lasting approximately 3 minutes each that alternates choreographed cardiovascular with a tool work out.
- **SilverSneakers® Classic**-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are offered for resistance and a chair is used for seated and/or standing support.
- **Stretch It Out**-Compliment your work-out before and after training with a 15 to 20 minute review on how to stretch properly.
- **Strong By Zumba™**-A music led interval training class. The music was crafted to drive the intensity in a challenging progression that provides a total body workout. Using your own body weight, you will gain muscular endurance, tone and definition as well as an increased after burn. (There will be a Tabata class on 9/6, 9/9, 9/13, & 9/16. Strong will be back 9/20)
- **Tai Chi**-A gentle class that will help improve mental focus, balance and inner harmony. This program will be taught by a certified Tai Chi instructor.
- **The Basics**-A low intensity step aerobics class with basic choreography that may incorporate floor aerobics, Zumba®, or hand-held weights, followed by a short abdominal workout. Ideal for beginners or anyone who enjoys a slower pace.
- ***TRX Suspension Training**-It's all core, all the time! Suspension training leverages your own bodyweight to build power, balance, core strength and flexibility for people of all fitness levels! Sign up at front desk. Must have 3 participants for a class. *Members-\$7, Public-\$10*
- **Yoga**-In Yoga, we are going to focus on gaining and using flexibility, strength and balance in our bodies. We will do this through a series of poses and exercises that flow together to stretch, strengthen and empower our bodies.

- **Y Fit**-A combination class of basic sport component and strength training exercises. This class will focus on speed, agility, power, flexibility, balance and strength exercises for the entire body.
- **Zumba®**-A Latin inspired, calorie burning, dance fitness class that mixes body sculpting moves with easy to follow steps. Participants of all levels welcome. Come join the party!
- **Zumba Gold®**-A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant
- **20/20**- Start with 20 minutes of cardiovascular conditioning with indoor cycling, and follow up with 20 minutes of strength training with dumbbells or bodyweight drills. Arrive in the Revolutions room 10 minutes early to setup your bike if you need assistance. The strength portion of class will be held in the Stuckey Room. Signup at the front desk one day in advance.
- **30/30**-Thirty minutes of strength, intervals and cardio combinations followed by thirty minutes of spinning, this class will take your workout to an entirely new level! Please sign in at front desk to reserve your bike.
- **30 Minute Shred**- Four rounds, eight exercises of a total body workout that will keep your heart rate up while working the lower and upper body muscles.

CLASSES MAY BE ADDED OR CANCELED TO SERVE THE NEEDS OF MEMBERS.

LAND FITNESS PASSPORTS - \$55 - 10 CLASSES, \$80 - 20 CLASSES