

the **Y** HEALTHY LIVING

LAND FITNESS CLASS SCHEDULE – September 2019

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		5:45-6:40AM P90X@LIVE Paula D.		
8:30-9am Transform Linda		8-8:55am Flexibility for Life Julie D	8-8:50am Gentle Yoga Donna		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 Transform/P90X Fusion Linda		
9:30-10:15am 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 PiYo@LIVE Julie O		10:30-11am PiYo@LIVE 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.		
10:45-11:45am Krankcycle Fusion Dustin		10:45-11:45am Krankcycle Fusion Dustin				12-1pm Strong By Zumba® Kelly
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			
5:30-6:20pm Insanity@LIVE Julie O.	5:30-6:30pm Zumba® Linda	5:30-6:30pm P90X@LIVE Julie O.	5:30-6:30pm Strong By Zumba® Stephanie			
6:30-7pm PiYo@LIVE Julie O	6:45-8pm *Power Yoga 101 Christine (see back)	6:45-7:45pm PiYo@LIVE Kelly	6:45-8pm *Power Yoga 101 Christine (see back)			
7:05-8pm Yoga Laura						

***PAY FOR CLASS**

REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45am Kathleen	5:45-6:30am Spin & Sculpt Kahley	6:00-6:45am Paula S.	5:45-6:30am Spin & Sculpt Kahley	6:00-6:45am Dianne.	8:00-9:00am 9/7-Kathy	11am-12pm Spin & Sculpt Kahley
9:00-9:45am Julie O.	9:15-10:00am Cammy	9:00-9:45am Julie O.	9:15-10:00am Cammy		9/14-Saturday Surprise Paula	
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		9/21-Dianne	
7:00-7:45pm Spin & Sculpt Kahley		7:00-7:45pm Spin & Sculpt Kahley			9/28-Cammy	

- **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.
- ***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.
- **Gentle Yoga**- Learn yoga basics along with breathing/relaxation techniques.
- **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.
- **Krankcycle Fusion**-Keeps the best parts of indoor cycling and adds upper body Kranking to the mix to create the perfect blend of muscular overload to promote gains! We're even adding live heart rate tracking and reporting to your workouts to keep you motivated and progressing! Sign up for class one day in advance.
- **PiYo®LIVE!**-A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement.
- **Power Yoga Flow 101**-A 5 week session taught by Christine Tyndall starting September 17 ending on October 17, Tuesdays and Thursday, 6:45-8pm. Cost is \$5/per class for members and \$10/per class non-members. Please see flyers coming soon.
- **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.
- **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 warm-up, 10 minutes low impact aerobics, 5 minutes of weights, 10 minutes of low impact aerobics, 5 minutes of bands, 10 minutes low impact aerobics, 5 minutes with ball, stretch, cool down and relaxation.
- **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.
- **Spin & Sculpt**- Integrating traditional spin class with core, arm and glute sculpting on and off the bike! This 45 minute class includes a half hour of spinning with 10 minutes of sculpting exercises.
- **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)
- **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.
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- **Transform**- A high intensity cardio conditioning class using a step or not. All fitness levels welcome!
- **Transform/P90X Fusion**-A high intensity cardio conditioning class combined with strength training. This class welcomes all fitness levels.
- ***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

- **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