

LAND FITNESS CLASS SCHEDULE – December 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30am Total Toning Paula	5:30-6am Get On the Ball Kathleen	5:45-6:30am Total Toning Paula	5:45-6:30am Total Toning Paula		
8-8:45am Core Focus Randi	8-8:55am Be Kind to Yourself Yoga Shannon	8-8:45am Core Focus Randi	8-8:55am Barre Yoga-cise Julie D.			8-8:45am PiYo@LIVE Kelly
9:15-10:15am P90X@LIVE Linda (no class 12/26)	9-9:45am Country Heat @LIVE Julie O. (no class 12/27)	9:15-10:15am Performance Training Linda	9-10am Kettlebell HIIT Paula (no class 12/8)	9:15-10:15am Lift Linda	9-9:45am Zumba® Kelly	
9:15-9:45am Cardio Walk & Fit Phyllis (court 2) (no class 12/26)			10-10:50am PiYo@LIVE Julie O.			
10-10:45am Zumba Gold Toning® Julie O. (court 2) (no class 12/26)	10-10:30am Quick Lift Julie O. (no class 12/27)	10-10:45am Zumba Gold® Julie O. (court 2)		10-10:45am Zumba Gold® Julie O. (court 2)		
	10:30-11am PiYo Flow Julie O. (no class 12/27)					
11-11:45am SilverSneakers® Classic Julie O. (no class 12/26)	11-12pm SilverSneakers® Circuit Cammy	11-11:45am SilverSneakers® Classic Cammy	11-12pm SilverSneakers® Circuit Cammy	11-11:45am SilverSneakers® Classic Julie O.		10:15-11am Strong Nation™ Kelly
5-5:30pm 30 Minute Shred Kathy		5-5:30pm 30 Minute Shred Kathy	5-5:30pm Quick Lift Kathy			
			5:45-6:45pm Kettlebell AMPD® Steph			
	5:45-6:45pm Strong Nation™ Steph	5:45-6:30pm PiYo@LIVE Kelly				
6:45-7:45pm Yoga Basics Ralphie		6:45-7:45pm Yoga Basics Ralphie				

REVOLUTIONS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30am Kathleen	5:45-6:30am Rick	6-6:45am Dianne	5:45-6:30am Rick	5:45-6:30am Dianne	9-9:45am 12/3-Dianne 12/10-Rick	
9:00-9:45am Julie O. (no class 12/26)	9:15-10:00am Cammy	9:00-9:45am Julie O.	9:15-10:00am Cammy		12/17-Cammy 12/24-Kathleen 12/31-Kathy	11:15-12pm Spin & Sculpt Kathy
5:45-6:30 pm Spin & Sculpt Allison	5:45-6:30pm Dianne	5:45-6:15pm Speedy Spin Kathy				

- o **Barre Yoga-cise-** Increase your strength and balance while doing Yoga poses. We use the back of a chair as a barre to ensure safety while increasing strength, flexibility and balance. Then wind down with breathing and relaxation techniques. Good for all ages and levels. Must be comfortable going to the floor.
- o **Be Kind to Yourself Yoga-**This restorative gentle yoga class will help unite your body, mind, and spirit. We will practice calming breathing techniques and centering while doing gentle yoga stretches.
- o **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. (no class 12/26)
- o **Core Focus-**A low impact class focuses on core activation, improving balance, flex with strength and body awareness through movements. Exercises are performed on the mat and standing.
- o **Country Heat® LIVE-**A country inspired cardio dance fitness class for all fitness levels. (no class 12/27)
- o **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
- o **Kettlebell AMPD-**This class is a fun, heart-pumping group fitness format integrating kettlebell weights with upbeat music. Using choreographed moves and traditional strength training, the workout engages the entire body for 45 minutes of calorie torching fun.
- o **Kettlebell HIIT-**A one-of-a-kind class that improves strength, endurance and cardiovascular fitness using high intensity interval training with the Russian kettlebell.(no class 12/8)
- o **Lift-**An hour lifting class using bar, dumbbells, step and mat that will work the entire body. All levels welcome.
- o **Performance Training-**This class will challenge you with HIIT, Tabata and boot camp workouts. There are modifications for those just getting started.
- o **PiYo®LIVE!**-A low impact, body sculpting workout. You get the muscle sculpting of Pilates and the flexibility of yoga coupled with nonstop movement.
- o **PiYo®Flow-** You will get the flexibility of yoga with non-stop movement in this class. (no class 12/27)
- o **P90X®LIVE!**-A result driven, full body strength training format featuring unique blocks of work Cardio X, Lower Strength, Upper Strength, & X Core. It is unlike anything else in Group Exercise and powerful moves that motivate participants to push their limits while also including modifications for those just getting started. (no class 12/26)
- o **Quick Lift-**Get your strength training workout in 30 minutes. All levels welcome. (no class 12/27)
- o **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. (no class 12/26 @ 9am)
- o **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.
- o **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. (no class 12/26)
- o **Speedy Spin-** Think you need 45 minutes of cycling for a good workout? Think again! This 30-minute spin is fast and intense, but YOU control your own intensity level! Burn calories like crazy while improving cardiovascular endurance and build strength especially in the quadriceps, gluteus, hamstrings and calf muscles.
- o **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.
- o **Strong Nation™-**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.
- o **Total Toning-** This intermediate-advanced strength training class will focus on a specific muscle group each session. If you want to see your body composition change, these muscle-specific workouts are for you!
- o **Yoga Basics-** A relaxed pace yoga class suitable for all levels, from first time student to long time practitioner. Focus is on listening to our body and letting it decide what we are capable of for the day. No flexibility required!
- o **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!
- o **Zumba Gold®-**A lower impact, easy to follow, Latin inspired dance fitness party designed for the active older adult or beginner participant.
- o **Zumba Gold Toning®-**A traditional Zumba Gold class PLUS the added benefit of muscle strength and toning using weighted toning sticks or handheld weights. (no class 12/26)
- o **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, \$90 - 20 CLASSES**

If HASD schools are on a delay or canceled due to snow/inclement weather, all morning Land classes will be canceled (including Silver Sneakers). In the event inclement weather begins after school hours or on weekends, the decision to cancel classes will be the responsibility of the instructor. Participants are encouraged to check with the YMCA, or the YMCA's website.