

January 2 – March 31, 2019

Land Group Fitness Class Schedule

****Classes in bold will be held in the Chief Room the other classes will be held in the FTA area**

Hawkeye Room Hours: M-Th 4:00-6:00pm, T/Th 11:00am-1:00pm

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15AM	Body Pump		Body Pump		Body Pump	
6:15-6:45AM	Spin-treval		Cardio Core		Spin-treval	
9:00-9:45AM		Functional Fitness	Spin-treval (9:00-9:30am)	Functional Fitness	Spin-treval (9:00-9:30am)	Total Training (9:05-10:00am)
10:00-10:30AM	Senior Strength	Senior Cardio	Senior Strength	Senior Cardio	Senior Strength	
10:30-11:00AM	Senior Stretch	Gentle Flowing Chi	Senior Stretch	Gentle Flowing Chi	Senior Stretch	
11:30-1:00PM	BURN IT OFF		BURN IT OFF			
12:05-12:35PM	Functional Fitness	Happy Hour Yoga (ends 12:55pm)	POUND	Functional Fitness	Spin-treval	
12:30-1:30 PM		Delay the Disease		Delay the Disease		
1:00-1:30PM	Gentle Movement				Gentle Movement	
1:30-2:00PM	ZUMBA Gold		ZUMBA Gold			
4:05-4:50 PM	Total Training	Total Training	Total Training	Total Training		
4:15-5:00 PM	Toddler & Mama		Toddler & Mama			
5:00-5:30PM	Functional Fitness	Yoga (5:05-5:35pm)	Functional Fitness	Night Cap Yoga (5:05-5:55pm)		
5:15-6:00PM	Balletone	ZUMBA		ZUMBA		
5:30-5:50PM	Express Core		Express Core			
6:00-6:30PM		Spin-treval		Spin-treval		
6:15-7:00PM	POUND		POUND			

Class Descriptions

- **Balletone-** When barefoot training meets fitness, ballet and yoga in one workout! Fitness takes on a whole new meaning in this class.
- **Body Pump-** A weight based fitness class that targets six muscle groups using weight plates, barbells, and an aerobic step. (Intermediate-Advanced Levels)
- **BURN IT OFF-** Drop in any time to power through as many rounds as you can of the exercises provided. (All levels)
- **Cardio Core-** A circuit based class designed to increase your heart rate and develop core strength. (All Levels)
- **Delay the Disease-** helps improve posture, balance, strength and walking difficulties. A low impact, mostly chair based class is designed for Parkinson's disease but also includes anyone with movement disorders. (Low impact)
- **Express Core-** Finish off your workout with some core exercise focusing on abdominals, low back, and glutes.
- **Functional Fitness-** combining resistance training, cardiovascular endurance, core training and flexibility to keep you functional for your everyday life activities. (All levels)
- **Gentle Flowing Chi-** A blend of tai chi, yoga, and stretching exercises that will help improve balance, flexibility, and body awareness. (All Levels)
- **Gentle Movement-** This class will focus on balance training by improving endurance, muscular strength, and flexibility to help prevent falls or related injuries. (Low Impact)
- **Happy Hour Yoga-** Take your lunch hour to enjoy a vinyasa style practice designed to strengthen the body and balance the mind. This class will link breath to movement during seated, standing, and balancing postures. Leave feeling energized and empowered. (All Levels)
- **Night Cap Yoga-** Wind down your day with a gentle, meditative practice to relax and renew your body, mind, & spirit (All Levels)
- **Pound-** channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing and sweat dripping fun of playing the drums.
- **Senior Cardio-** Low impact class for older adults to improve cardiovascular endurance in the heart and lungs.
- **Senior Strength-** This class includes balance techniques with strength training for seniors. Over the time of this course you will feel yourself become more confident with daily activities.
- **Senior Stretch-** Perform movements either sitting or standing. The class challenges the body and mind through flexibility, stretching, and breathing.
- **Spin-treval-**This class includes a variety of exercises and use of the spin bikes for an intense workout! (Intermediate)
- **Toddler and Mama-** Get back in shape with your little one! Ages 6 weeks-4 years old.
- **Total Training-** this class will give you 100% effort through quick, challenging, intense bursts of exercise. This type of training gets and keeps your heart rate up and burns more fat in less time. (Intermediate-Advance levels)
- **Yoga-** A great way to end your work day as you journey through different poses and stretches that can increase strength and stamina. (All Levels)
- **ZUMBA-** Come dance to Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness class that will blow you away! (All Levels)
- **ZUMBA Gold-** This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.(All Levels)