

Land Group Fitness Class Schedule

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

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	Functional Fitness	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	<u>Power Fusion</u>	<u>Happy Hour Yoga</u> (ends 12:55pm)	<u>POUND</u>	<u>Express Core</u>	<u>Power Fusion</u>	
12:30-1:30 PM		Delay the Disease		Delay the Disease		
1:30-2:00PM	<u>ZUMBA Gold</u>		<u>ZUMBA Gold</u>			
4:05-4:50 PM	Total Training	Total Training	Total Training	Total Training		
4:15-5:00 PM	<u>Toddler & Mama</u>		<u>Toddler & Mama</u>			
5:00-5:30PM	Functional Fitness	<u>Yoga</u> (5:05-5:35pm)	Beginner's Weightlifting (Hawkeye Room)	<u>Night Cap Yoga</u> (5:05-5:55pm)		
5:15-6:00PM	<u>POUND</u>	ZUMBA	<u>POUND</u> Body Pump	ZUMBA		
5:30-5:50PM	Express Core					
6:15-7:00PM	<u>Balletone</u>					

Class Descriptions

- **Balletone**- When barefoot training meets fitness, ballet and yoga in one workout, fitness takes on a whole new meaning in this class. (All levels)
- **Beginner's Weight-lifting**-this class will focus on strength training form/technique and will revolve around barbell and free weight lifts.
- **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 and go 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**-This class helps improve posture, balance, strength and walking difficulties. A low impact class done mostly in a chair is designed for people with Parkinson's disease, but anyone with a movement disorder is encouraged to attend. (Low impact)
- **Express Core**- Finish off your workout with some core exercise focusing on abdominals, low back, and glutes. (All levels)
- **Functional Fitness**- This class combines 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)
- **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. (All levels)
- **Power Fusion**- This total body class will use light weights, gliding discs, bands and more. You will experience a fusion of exercises combining yoga, Pilates, barre inspired and core specific exercises.
- **Senior Cardio**- This low impact class for older adults will help improve cardiovascular endurance in the heart and lungs. (Low impact)
- **Senior Strength**- This class includes balance techniques with strength training for seniors. Over time when attending this course, you will feel yourself become stronger and more confident with daily activities. (Low impact)
- **Senior Stretch**- The movements performed in this class can be done either sitting or standing by challenging the body and mind through flexibility, stretching, and breathing. (Low impact)
- **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**- What 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)