



LAND FITNESS WITH FRIENDS

JANUARY 2019 Group Exercise Schedule TOWPATH TRAIL YMCA

Land Group Exercise Classes are for ages 13+

* Kid Friendly Classes ages 9-12 with parent supervision

MONDAY

- 8:00am **Walk & Tone** with Heather (gym)
- 9:00am **Aerobic Conditioning** with Terry
- 10:00am **Ripped** with Kristina
- 11:00am **Mat Pilates Plus** with Heather
- 4:30pm **Intro to Energy Pump** with Beth
- 5:30pm **Tabata** with Robin/Amy
- 5:30pm ***Fitness Circuit** with Lingo (gym)
- 6:30pm ***Zumba®** with Robin
- 6:30pm ***Drumming for Fitness** w/Sarah (gym)
- 7:30pm ***Evening Yoga** with Shirley



TUESDAY

- 7:00am ***High Energy Interval** with Lyndsay **NEW**
- 8:00am **Poolside Yoga** with Heather
- 8:00am ***Total Body Fitness** with Michelle
- 9:00am ***Accelerated Core** with Stacey (30 min)
- 9:30am **HIIT the Ropes** with Kristina (30 min)
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Barre Envy** with Heather
- 5:30pm **Group Cycling** with Robin
- 5:30pm ***Tri Fit Conditioning** with Kristina (gym)
- 6:30pm **Turbo Kick ®** with Robin
- 7:30pm ***Qigong** with Shirley

THURSDAY

- 7:00am ***High Energy Interval** with Lyndsay **NEW**
- 8:00am **Poolside Yoga** with Heather
- 8:00am ***Total Body Fitness** with Michelle
- 10:00am **Ripped** with Kristina
- 11:00am **SilverSneakers® Classic** with Heather
- 4:30pm **Pilates** with Heather
- 5:30pm **Energy Pump** with Robin
- 6:30pm **Group Cycling** with Robin

WEDNESDAY

- 8:00am ***Walk & Tone** with Michelle (gym)
- 9:00am **Group Cycling** with Mike
- 9:00am **TRX®** with Kristina (gym)
- 10:00am **Barre Envy** with Terry
- 11:00am ***SilverSneakers® Yoga** with Beth
- 4:30pm ***Accelerated Core** with Beth
- 5:30pm ***Move & Groove** with Heather **NEW**
- 5:30pm ***Fitness Circuit** with Lingo (gym)
- 6:30pm ***Drumming for Fitness** with Sarah

FRIDAY

- 8:00am ***Walk & Tone** with Michelle (gym)
- 9:00am **Aerobic Conditioning** with Terry
- 11:00am **Mat Pilates Plus** with Heather
- 5:30pm ***Drumming for Fitness** with Sarah

SATURDAY

- 9:00am **Group Cycling** with Mike
- 9:00am ***Tri Fit Conditioning** w/McKenzie (gym)

SUNDAY

- 2:00pm ***High Energy Interval** with Lyndsay **NEW**

LEVEL	CLASS	DESCRIPTION
ALL	Fitness Circuit	A variety of stations of cardio, strength, or endurance...you decide the intensity level.
LOW	Drumming for Fitness	An upbeat, easy to learn cardio class using drumsticks and a stability ball.
LOW	Evening Yoga	Various yoga poses and stretching to release the days stresses and help promote better sleep.
LOW	Mat Pilates Plus	Gentle yet challenging non-impact strength & toning. Uses mat on the floor and/or standing.
LOW	Move & Groove	A few steps of choreography given to make each movement your own, A fun way to exercise adding your style.
LOW	Poolside Yoga	Warm yoga is a series of poses done in maintained (heated room) producing more warmth and flexibility to the body.
LOW	Qigong	Qi being energy and gong the work. This martial arts exercise includes movements that are suitable for anyone. Benefits included better range of motion and stress reduction.
LOW	SilverSneakers® Classic	Increase muscular strength, range of movement, and activity. Hand weights, elastic bands with handles, and a ball are offered for resistance. Chair used for seated and/or standing support.
LOW	SilverSneakers® Yoga	Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.
LOW	Walk & Tone	Walking and strength exercises using weights and band to tone your whole body.
LOW	Yoga/Pilates	Increase flexibility, mobility, balance, and body awareness.
MED	Accelerated Core	Great for all levels! Get your core fired up in this 30 or 50 minute class that targets the entire core using body weight and various equipment.
MED	Aerobic Conditioning	Different types of aerobic exercises (hi/low and sports conditioning) and toning.
MED	Barre Envy	Non-impact class to strengthen, tone using ballet barre and light props. Yoga, ballet and Pilates.
MED	Energy Pump	This workout challenges all of our major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls.
MED	TRX®	Suspension training system that utilizes full core strength to engage every muscle in the body.
MED	Tri Fit Conditioning	A variety of aerobic and strength exercises designed to condition the whole body. Includes light aerobics, sports conditioning and flexibility (unique styles offered by different instructors to achieve the same results).
MED	Zumba®	An aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music.
HIGH	Group Cycling	An effective indoor group exercise class utilizing stationary bikes. Instructor guides a ride simulating outdoor cycling that shreds fat and boosts cardiovascular strength and endurance.
HIGH	HIIT the Ropes	A Battle Rope is a heavy rope anchored to the wall in which you make a series of waves using the whole body with different variations of waves side to side or up and down.
HIGH	High Energy Interval	30 minute interval training designed to get you in shape fast! This is a total body workout.
HIGH	Ripped	Pre-choreographed high energy barbell class that challenges every muscle group to the max.
HIGH	Tabata	"High Intensity Interval Training". High intensity refers to the amount of effort expended. Interval training involves alternating segments of work and recovery.
HIGH	Turbo Kick®	Cardio Kickboxing and body sculpting dance moves choreographed to todays music.