



New classes or changes are bold
Classes subject to change

Land Fitness

November 1-30

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Monday	5:30A-6:15A	Gym 3	Sara K.
Power Hour	Monday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Monday	9:00A-9:45A	Studio R	Angela O.
Cardio Core	Monday	9:00A-10:00A	Studio C	Cindy C.
Muscle Mania	Monday	10:15A-11:15A	Studio C	Craig F.
Total Body Express +	Monday	12:15P-1:00P	Studio C	Jenni J.
Shine	Monday	5:30P-6:30P	Studio C	Jessica M.
Zumba Gold	Monday	6:00P-6:45P	OAC Studio	Stephanie S.
Power Hour	Monday	6:30P-7:15P	Gym 3/Studio R	Craig F.
Early Morning Boot Camp	Tuesday	5:15A-6:00A	Gym 3	Angela O.
Barre Pilates	Tuesday	8:15A-9:00A	Studio R	Cindy C.
Making the Cut	Tuesday	8:15A-9:00A	Studio C	Aimee E.
Please Be Seated	Tuesday	11:00A-11:30A	Studio R	Amy R.
Soul Strength	Tuesday	5:30P-6:15P	Studio C	Jenni J.
Zumba	Tuesday	6:00P-6:45P	OAC Studio	Jess M.
Total Body Training	Wednesday	5:30A-6:15A	Studio C	Sara K.
Power Hour	Wednesday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Wednesday	9:00A-9:45A	Studio R	Nicole R.
Cardio Core	Wednesday	9:00A-10:00A	Studio C	Cindy C.
Muscle Mania	Wednesday	10:15A-11:15A	Studio C	MaryAnn L.
Strength Only	Wednesday	11:30A-12:15P	Studio C	Susie W.
Muscle Mania +	Wednesday	12:30P-1:30P	Studio C	Angela O.
Power Hour	Wednesday	6:30P-7:15P	Studio R	Craig F.
Early Morning Boot Camp	Thursday	5:15A-6:00A	Gym 3	Craig F.
Barre Pilates	Thursday	8:15A-9:00A	Studio R	Cindy C.
Making the Cut	Thursday	8:15A-9:00A	Studio C	Craig F.
Total Body Express	Thursday	4:15P-5:00P	Studio C	Jenni J.
Muscle Mania	Thursday	5:30P-6:15P	Studio C	Melanie E.
Dance Fit	Thursday	6:45P-7:45P	Studio C	Jessica M.
Total Body Training	Friday	5:30A-6:15A	Gym 3	Sara K.
Power Hour	Friday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Friday	9:00A-9:45A	Studio C	Nicole R.
Mega Circuit	Friday	9:00A-10:00A	Studio R	Cindy C.
Muscle Mania	Friday	10:15A-11:15A	Studio C	Angela O.
Mega Circuit	Saturday	8:15A-9:00A	Studio R	Angela O.
Shine	Saturday	9:00A-10:00A	Studio C	Jessica M.
Weekend Boot Camp	Sunday	12:15P-1:00P	Studio C	Melanie E.
Pilates, Core, and More	Sunday	1:00P-2:00P	Studio D	Melanie E.

Land Fitness

Barre Pilates- Uses the ballet bar as a prop to balance while doing exercises that focus on isometric strength training combined with high reps or small range of motion movements. Barre Pilates has a Pilates style to give you a total body workout with strong core work.

Cardio Core- A total body workout with cardio and weight training. Increase your heart rate with a variety of step routines while toning your muscles using weights, body bars, bands and a core training to develop those "POWERHOUSE" abs.

Dance Fit- A combination of dance fitness, toning with weights and body weight. We rock out to current music and follow a pattern of dance fitness combined with toning throughout the entire class.

Early Morning Boot Camp- This early morning class will get you ready for the day! This class uses interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle and build strength.

Making the Cut- Strength training is the number one way to build muscle. If you want to get the cuts and lines that more muscle can offer. If you are a long time weight lifter or this is your first class, this class will guide you through your journey of strength.

Mega Circuit- Mega Circuit is a full body workout using our new circuit equipment, Outrace, AKA, the Beast! This class will incorporate high intensity strength and conditioning training. Every Mega Circuit class will consist of 10- 20+ stations. Each individual station will utilize a range of different fitness modalities, consisting of but not limited to, TRX Suspension Training, Resistance Bands, Mini Bands, Rebounder, Stability Balls, BOSU Balls, Dumbbells, Battle Ropes, etc. Each and every Circuit will differ from one class to the next, challenging your body while utilizing proven muscle confusion techniques.

Muscle Mania- A high energy class that incorporates giant sets, super sets and circuit training to train and tone muscles. An abs workout is included to help you develop a six-pack. All exercises can be adapted to any level.

Please Be Seated- Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

Power Hour- This workout combines moderate/high intensity cardio training and weights to help build strength and power. Combining these two elements will define muscles increase fat burn, giving you the ultimate training you've been looking for. Modifications for all levels.

Strength Only- Yes, use your lunch hour to burn a few calories and get your strength training in. All weights class this will work all muscle groups with core mixed within the entire class!

Pilates, Core, and More- A mix of Pilates, strength training, and stretching. To condition the whole body, you'll work hard on getting the right posture and alignment, using props and body resistance to build stamina, flexibility, and core strength. This class will get your heart rate up and burn calories while combining lengthening and strengthening for a full body workout.

Senior Strength Training- Entry level weight bearing and muscle strengthening exercise class for seniors. This class focus's on the fundamental and functional exercises needed for everyday life. Our instructor will also include balance and core work during this class to help with core stability.

SHINE™- A dance fitness class rooted in traditional dance such as jazz, hip hop and ballet set to great Top 40 music. We take those functional moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you keep moving and do less thinking.

SOULStrength- SOUL strength is a creative blend of resistance work, cardio conditioning, manageable mobility and core strength exercises all set to crazy FUN music. SOUL strength is the total package.

Total Body Training- Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout using dumbbells, body bars, bands, and a step.

Total Body Express- A class that will work your entire body in just 45-minutes. We will use dumbbells, body bars, and your own body weight. This class will use different training methods such as, circuit training, MASHUP, HIIT, ect.

Weekend Bootcamp- This class uses interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle and build strength.

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. Have a party at your own pace and have fun while you burn calories.

Zumba- Latin and international music combined in dance routines to burn calories while having a blast!

DRC+

DRC+ combines your favorite classes with our 75" TV to provide more flexibility so that you are able to fit classes in your schedule! Join our instructors in a pre-recorded fitness class.



Mind and Body

Event	Event Day	Event Time	Facility	Staff
Strong Stretch	Monday	5:15A-6:00A	Studio D	Angela O.
Beginner Yoga	Monday	10:15A-11:00A	Studio D	Lauren M.
Hot Soul Fusion	Monday	4:15P-5:00P	Studio D	Jenni J.
Yoga	Monday	6:00P-7:00P	Studio D	Jennifer R.
Hot Yoga	Monday	7:30P-8:30P	Studio D	Kelli F.
Stretch and Strength	Tuesday	10:00A-10:45A	Studio D	Amy R.
Stretch and Strength	Tuesday	4:30P-5:15P	Studio D	Amy R.
Yoga	Tuesday	6:00P-7:00P	Studio D	Kay H.
Yoga	Wednesday	9:00A-10:00A	Studio D	Kay H.
Hot Warrior Rhythm	Wednesday	6:00P-7:00P	Studio D	Jenni J.
Hot Yoga	Wednesday	7:30P-8:30P	Studio D	Kelli F.
Stretch and Strength	Thursday	10:00A-10:45A	Studio D	Amy R.
Chair Yoga Stretch	Thursday	11:00A-11:30A	Studio R	Amy R.
Yoga Yin	Thursday	6:00P-6:45P	Studio D	Tracie D.
Strong Stretch	Thursday	7:30P-8:15P	Studio D	Stephanie S.
Hot Warrior Rhythm	Friday	5:15A-6:00A	Studio D	Jenni J.
Hot Yoga Fusion	Saturday	8:30A-9:30A	Studio D	Jenni J.

Mind and Body

Chair Yoga Stretch - Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

Hot Yoga- Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body. Teaching you to ground yourself in each pose, stimulating your mind and restoring your body.

Hot SOUL Fusion- You asked for it so here it is! Your favorite Soul Fusion in a hot studio. SOUL fusion improves strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. Be ready to sweat in Hot SOUL Fusion, and you will leave with that detox feeling that burns calories for hours later.

Hot Yoga Fusion- This class is fused with yoga , strength exercises , balance and flexibility that will help improve over all fitness. It's driven by music and motivation. All levels are welcomed!

Stretch & Strength- A stretching and toning class to work on improving flexibility, balance, coordination, and strength. It is designed to be a full body workout that will help you become a stronger you.

Strong Stretch- Work on the things that so many of us ignore like flexibility, mobility, core, balance, stability, and light strengthening.

Hot Warrior Rhythm-Fitness-focused with yoga undertones, WARRIOR Rhythm increases strength, flexibility and balance through movement and musical motivation. The hot studio will give you an extra bonus to detox your body and start fresh.

Yoga Yin-This is a practice that focuses on the deep connective tissues of the body, stretching them gently through mostly seated postures that are held for a longer duration of time. Yin is the perfect complement to other forms of yoga and exercise that are mostly muscular engagement. All levels are welcome in this class.

Yoga- Hatha Yoga is the ancient technique of stretching with deep breathing to tone and shape joints and muscles. A total-body workout, practiced by any fitness level., with longer duration of time. Yin is the perfect complement to other forms of yoga that are mostly muscular engagement. All levels.



Water Classes

Event	Event Day	Event Time	Facility	Staff
Aqua Challenge	Monday	8:00A-8:45A	Leisure Area 5	Janice K.
Power Waves	Monday	9:00A-10:00A	Leisure Area 5	Aimee E.
Aerobic Waves	Monday	10:00A-11:00A	Leisure Area 5	Janice K.
Aqua Zumba	Monday	5:45P-6:30P	Leisure Area 5	Jess M.
Aqua Zumba	Tuesday	5:15A-6:00A	Leisure Area 5	Stephanie S.
Pumping Water	Tuesday	7:30A-8:30A	Leisure Area 5	Carol R.
Deeply Fit	Tuesday	8:30A-9:15A	Leisure Area 5	Marcia C.
Cardio Splash	Tuesday	9:30A-10:15A	Leisure Area 5	Marcia C.
Tabata Waves	Tuesday	5:45P-6:30P	Leisure Area 5	Pattie E.
Aqua Challenge	Wednesday	8:00A-8:45A	Leisure Area 5	Janice K.
Power Waves	Wednesday	9:00A-10:00A	Leisure Area 5	Aimee E.
Aerobic Waves	Wednesday	10:00A-11:00A	Leisure Area 5	Janice K.
Cardio Splash	Wednesday	5:45P-6:30P	Leisure Area 5	Pattie E.
Pumping Water	Thursday	7:30A-8:30A	Leisure Area 5	Carol R.
Deeply Fit	Thursday	8:30A-9:15A	Leisure Area 5	Marcia C.
Cardio Splash	Thursday	9:30A-10:15A	Leisure Area 5	Marcia C.
Tabata Waves	Thursday	5:45P-6:30P	Leisure Area 5	Pattie E.
Tabata Waves	Friday	8:00A-8:45A	Leisure Area 5	Janice K.
Interval Waves	Friday	9:00A-9:45A	Leisure Area 5	Janice K.
Tabata Waves	Friday	10:00A-10:45A	Leisure Area 5	MaryAnn L.
Aqua Zumba Mix	Saturday	8:30A-9:30A	Leisure Area 5	Stephanie S.
Wet Weekend Workout	Sunday	2:00P-3:00P	Leisure Area 5	Mona M./Janice K.

Water Fitness

Aerobic Waves- A shallow water, cardiovascular workout, increased flexibility and enhanced strength without stress on your joints.

Aqua Challenge- Challenge your body with the low-impact benefits of water. Utilizing methods of Tabata and pyramids; with aquatic equipment to burn calories, increase cardio endurance, strengthen muscles, and improve flexibility and overall balance.

Aqua Zumba- incorporates all the fun of Zumba high intensity dance movements and Latin music with the gentle support of the water.

Aqua Zumba Mix- Classic aqua aerobics with Latin flavor added. Perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

Cardio Splash- A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Deeply Fit- This low-intensity water workout focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. Participants combine cardiovascular work, deep-water running, jogging, and bicycling and cross-country skiing movements. A buoyancy belt is encouraged to create and maintain proper balance and posture.

Interval Waves- This class is designed to give you remarkable results both in aerobic and non-aerobic capacity by using aquatic equipment in interval training methods such as Tabata and HIIT. Join us to experience the increased resistance and other benefits of water exercise.

Pumping Water- A variety of equipment and tempos to increase the resistance for your upper and lower body as you move through the water. Add in the cooling and increased circulation benefits of the water workout and you will find one of the best strength training workouts available.

Power Waves- An intense aqua workout with interval training, plyometric and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

Tabata Waves- This intense interval workout utilizes the Tabata Fitness Protocol of 20 seconds work followed by 10 seconds rest and repeated 8 times. The water will give you that increased intensity while protecting your joints and keeping your body cooler than it would on land.

Wet Weekend Workout- Come end the week with a great cardio and strength workout in the water! Get ready to get your heart pounding while having fun!



Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle+	Monday	9:00A-9:45A	Cycle Studio	Staff
Just Spin	Monday	6:00P-6:45P	Cycle Studio	Paula M.
Cycle +	Tuesday	12:00P-12:45P	Cycle Studio	Staff
Cycle Burn	Wednesday	9:00A-9:45A	Cycle Studio	MaryAnn L.
Just Spin	Wednesday	6:00P-6:45P	Cycle Studio	Angela O.
Cycle +	Thursday	12:00P-12:45P	Cycle Studio	Staff
Inspirational Spin	Friday	9:00A-9:45A	Cycle Studio	MaryAnn L.
Rhythm Ride	Saturday	9:00A-9:45A	Cycle Studio	Michelle C.

Cycle Classes

Cycle Burn- Cycle Burn is the high intensity workout you are looking for! All levels are welcome but be ready to BURN!

Inspirational Spin- "Cycle with a purpose" is the focus of this fun and uplifting class. Enjoy a challenging ride, burn calories, and leave with intention for the day.

Just Spin- Just that! This spin class will take you through several different workouts each class. Get ready to spin!

Rhythm Ride- A high intensity spin class that focuses on riding to the beat of the music with upper body movements that feel like a dance party on the bike while giving you a full body work out.

Youth Fitness

Event	Event Day	Event Time	Facility	Staff
Teen Weight Lifting (12-15)	Monday	4:00P-4:45P	Fitness Center	Craig F.
Youth Boot Camp (8-12)	Tuesday	4:00P-4:45P	Gym 3	Craig F.
Teen Weight Lifting (12-15)	Wednesday	4:00P-4:45P	Fitness Center	Craig F.
Youth Boot Camp (8-12)	Thursday	4:00P-4:45P	Gym 3	Craig F.

Youth Fitness

Teen Weight Lifting- Ages 12-15 will learn about weight lifting and the form needed to build strength and endurance. As well as fitness center etiquette and recovery time. This class will also encourage the proper eating that is needed for success with weight lifting.

Youth Boot Camp- Improve your strength and stamina for any activity. This fun workout consists of sports drills, light weights, jump rope, boxing, circuits, fun games and interval training.

Classes Removed From Previous Schedule

Event	Event Day	Event Time	Facility	Staff
Power Waves	Wednesday	6:00P-6:45P	Leisure Area 5	Stephanie S.
PIYO +	Wednesday	12:30P-1:30P	Studio C	Jenni J.
Middle School Yoga (11-13)	Thursday	4:00P-4:45P	Studio D	Tracie D.
Muscle Mania	Thursday	4:00P-4:45P	OAC Studio	Susie W.