



# Land Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 a.m. <b>Yoga</b>	5:15-6:00 a.m. <b>CYCLE TOGETHER*</b>	5:30-6:30 a.m. <b>Yoga</b>	5:15-6:00 a.m. <b>CYCLE TOGETHER*</b>		
8:30-9:30 a.m. <b>Morning Mix Cardio</b>	8:30-9:30 a.m. <b>Muscle Ex</b>	8:30-9:30 a.m. <b>Zumba*</b>	8:30-9:30 a.m. <b>Muscle Ex</b>	8:30-9:30 a.m. <b>SWEAT/HIIT</b>	8:30-9:30 a.m. <b>Muscle Pump</b>  8:30-9:30 a.m. <b>CYCLE TOGETHER*</b>
9:45-10:30 a.m. <b>SilverSneakers*</b>	9:45-10:30 a.m. <b>Pilates/Roller</b>			9:45-10:30 a.m. <b>SilverSneakers*</b>	
					10:00-11:00a.m. <b>Circuit</b>
12:15-12:45 p.m. <b>CYCLE TOGETHER*</b>	12:15-12:45 p.m. <b>Muscle Pump</b>	12:00-1:00 p.m. <b>Will Power Hour</b>  12:15-12:45 p.m. <b>CYCLE TOGETHER*</b>	12:15-12:45 p.m. <b>Muscle Pump</b>	12:15-12:45 p.m. <b>CYCLE TOGETHER*</b>	
	1:00-1:45 p.m. <b>SilverSneakers*</b>		1:00-1:45 p.m. <b>SilverSneakers*</b>		
	4:30-5:30 p.m. <b>Martial Arts</b>		4:30-5:30 p.m. <b>Martial Arts</b>	4:30-5:30 p.m. <b>Martial Arts</b>	
5:30-6:30 p.m. <b>Circuit</b>	5:30-6:30 p.m. <b>Zumba*</b>  6:00-7:00 p.m. <b>CYCLE TOGETHER*</b>	5:30-6:30 p.m. <b>Circuit</b>	5:30-6:30 p.m. <b>HIIT</b>  6:00-7:00 PM <b>CYCLE TOGETHER*</b>		
	6:45-7:45 p.m. <b>Yoga</b>		6:45-7:45 p.m. <b>Yoga</b>		

-Revised 1/20/2021

\*Classes Cycle Together, SilverSneakers and Zumba are trademarked and under license, LLC.

# Class Description

<p style="text-align: center;"><b>Boot Camp</b>  <b>**MUST PREREGISTER FOR THIS CLASS!**</b>  <b>coming soon!</b></p>	<p>Need an extra push? Our boot camps are designed to keep you on your toes! We want to keep you guessing - each class is designed to be different and push you out of your comfort zone! We will challenge you every class! Be prepared for some high intensity training!</p>
<p style="text-align: center;"><b>Circuit</b></p>	<p>This class is a high volume (reps), low resistance (weight) workout with short rest intervals and is geared primarily at improving muscle tone and definition, while improving cardiovascular fitness.</p>
<p style="text-align: center;"><b>Cycle Together</b>  <b>**MUST PREREGISTER FOR THIS CLASS!**</b></p>	<p>Cycle Together is a 30 or 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish. You'll feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.</p>
<p style="text-align: center;"><b>H.I.I.T</b></p>	<p>One of the most popular forms of exercise High-Intensity-Interval-Training. You will alternate between short periods or intense anaerobic exercise and less intense recovery periods.</p>
<p style="text-align: center;"><b>Martial Arts</b></p>	<p>Martial arts is for all ages! With practice you will increase your strength, agility, balance, power, flexibility and cardiovascular endurance</p>
<p style="text-align: center;"><b>Morning Mix Cardio</b></p>	<p>A rigorous full-body workout that gets your heart pumping and muscles moving.</p>
<p style="text-align: center;"><b>Muscle Ex</b></p>	<p>Great workout for all fitness levels. Using a variety of training options: dumbbells, barbells, balls, bands, and body weight.</p>
<p style="text-align: center;"><b>Muscle Pump</b></p>	<p>A class that anyone can take! High repetition with moderate weights offers great results for all fitness levels.</p>
<p style="text-align: center;"><b>Pilates</b></p>	<p>Improve flexibility, builds strength and develops control and endurance in the entire body. Emphasizes alignment, breathing, core strength and coordination.</p>
<p style="text-align: center;"><b>SilverSneakers Classic</b></p>	<p>A fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.</p>
<p style="text-align: center;"><b>SilverSneakers Circuit</b></p>	<p>This workout offers standing, low-impact choreography alternated with standing upper body strength work with hand held weights, elastic tubing with handles and a ball.</p>
<p style="text-align: center;"><b>Will Power Hour</b>  <b>Parkinson's Disease specific</b></p>	<p>This class is specifically designed to address the symptoms and needs of people with Parkinson's Disease, although welcome to anyone. We have a lot of fun working range of motion, balance, posture, movement, gait, strength, and voice. This class is offered free to the community.</p>
<p style="text-align: center;"><b>Yoga</b></p>	<p>A total mind and body workout combining strength and stretch with deep breathing and meditation or relaxation.</p>
<p style="text-align: center;"><b>Zumba</b></p>	<p>Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participant to dance their worries away.</p>