



Land Aerobic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15–6:00 am Spin and Strength 5:30–6:30 am Yoga *Multi-purpose studio*	5:15–5:45 am Y Spin	5:15–6:00 am Spin and Strength 5:30–6:30 am Yoga *Multi-purpose studio*	5:15–5:45 am Y Spin	5:15–6:00 am Spin and Strength	
8:30–9:30 am Zumba*	8:30–9:30 am Muscle Ex	8:30–9:30 am Zumba*	8:30–9:30 am Muscle Ex	8:30–9:30 am Muscle Pump	8:30–9:30 am Muscle Pump 8:30–9:30 am Y Spin
9:45–10:30 am SilverSneakers*	9:30–10:00 am Pilates/Roller *Multi-purpose studio*		9:30–10:00 am Pilates/Roller *Multi-purpose studio*	9:45–10:30 am SilverSneakers*	
					10:00–11:00 am Circuit
12:15–12:45 pm Y Spin	12:15–12:45 pm Muscle Pump	12:00–1:00 pm Will Power Hour 12:15–12:45 pm Y Spin	12:15–12:45 pm Muscle Pump	12:15–12:45 pm Y Spin	
	1:00–1:45 pm SilverSneakers*		1:00–1:45 pm SilverSneakers*		
	4:30–5:30 pm Martial Arts *Multi-purpose studio*		4:30–5:30 pm Martial Arts *Multi-purpose studio*	4:30–5:30 pm Martial Arts *Multi-purpose studio*	
5:30–6:30 pm HIIT	6:00–7:00 pm Y Spin	5:30–6:30 pm Circuit	5:30–6:30 pm HIIT 6:00–7:00 pm Y Spin		
	6:45–7:45 pm Yoga *Multi-purpose studio*		6:45–7:45 pm Yoga *Multi-purpose studio*		

-Revised 10/05/2021

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

Class Description

Circuit	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.
H.I.I.T	One of the most popular forms of exercise High-Intensity-Interval-Training. You will alternate between short periods of intense anaerobic exercise and less intense recovery periods.
Martial Arts	Martial arts is for all ages! With practice you will increase your strength, agility, balance, power, flexibility and cardiovascular endurance
Muscle Ex	Great workout for all fitness levels. Using a variety of training options: dumbbells, barbells, balls, bands, and body weight.
Muscle Pump	A class that anyone can take! High repetition with moderate weights offers great results for all fitness levels.
Pilates/Roller	Start class by rolling out the muscles and end with pilates to improve flexibility, build strength and develop control and endurance in the entire body. Emphasizes alignment, breathing, core strength and coordination.
SilverSneakers Classic	A fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events.
Spin and Strength	Get your cardio and strength all in a 45 min class! With 30 min of spin followed by 15 min of strength exercises.
Will Power Hour	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.
Y Spin	30 or 60 minute classes that mix aerobic exercise, muscle building, endurance training, and interval challenge, cycle group exercises and cycle classes are great for any fitness goal or level.
Yoga	A total mind and body workout combining strength and stretch with deep breathing and meditation or relaxation.
Zumba	Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participant to dance their worries away.