Land Group Fitness Class Descriptions

Level 1 Beginner Level 2 Intermediate Level 3 Advanced

Be Balanced (1) Train the muscles you need to improve your balance and increase core strength.

Bender Barre (2,3) Uses the barre and a variety of equipment in a body-sculpting circuit.

Boot Camp (2,3) Total body workout improves strength and cardiovascular fitness using intervals

Cardiac Rehab Transition (1) For those transitioning out of cardiac rehab that are looking for guidance and progression on the fitness floor with the assistance of a trained Fitness Coach.

Cardio & Weights (2,3) A little cardio mixed with weights to challenge all fitness parameters.

Dance Fit (2,3) Low and high intensity dance class choreographed to a variety of music.

Fit for Gold (1) Designed specifically for those in their "Golden Years". Cardio and weight training to improve strength and endurance.

H.I.I.T. (2,3) High Intensity Interval Training focusing on functional compound movements forfull body training.

Mamas with Kiddos (2,3) Bootcamp & Barre style classes designed with moms with kids in mind. Bring your kid along for the workout or utilize the Kids Life Center.

Power Pump (2,3) Uses hand weights and body bars to tone and strengthen major muscle groups

Spinning (2.3) Indoor cycling class combining cardiovascular, endurance and strength training for an ultimate calorie burning session.

Strength & Stability (2,3) Use hand weights and dynamic movements to increase strength and improve balance. Challenges all major muscle groups.

Tabata (2,3) High intensity interval workout. Exercises change every four minutes.

Total Body (2,3) Intense muscular endurance exercises utilizing a variety of equipment.

TRX (all levels) Cardio and resistance workout using suspended strap, all the while engaging your core.

Zumba (2,3) Low and high intensity dance fitness choreographed to Latin-inspired music.

All classes are subject to change *Fee Based: Pilates Reformer & Mamas w/ Kiddos Pavilion Front Desk (513) 985-0900 MIND BODY - Pilates, Tai Chi & Yoga

*Basic Pilates Reformer (all levels) A Pilates Reformer workout for beginner students and for people with health/mobility concerns. *Prior introductory sessions required

*Pilates Reformer (2,3) Exercises on the reformer machine promote length, strength. flexibility and balance. *Prior introductory sessions required

*Reformer Tower (all levels) Reformer using tower and trapeze. *Prior introductory sessions required

Chair/Gentle Mat Pilates (1) This class utilizes a chair and standing at a bar to perform basic Pilates exercises. Gentle mat exercises are an option as well for those able to get up and down from the floor.

Table Mat Pilates (1) For those who may struggle to get on the floor, this class utilizes a raised table in place of the mat while performing modified Pilates exercises.

Tai Chi (all levels) Easy to learn basic moves toimprove balance and reduce the risk of falling.

Cardio YoPi (2,3) Yoga and Pilates combined withlight cardio improves flexibility, core strength, & increases cardiovascular endurance.

Chair Yoga (all levels) Gentle yoga done mostly from a seated position. Benefits include improved musculoskeletal fitness, flexibility & sense of well-being.

Easy Yoga & Meditation (all levels) Gentle yoga for strength and range of motion. Rejuvenating meditation at the end of class.

Gentle Hatha (all levels) Slow and relaxed movements.

Hatha (2,3) Yoga postures and breathing. Poses flow from standing to seated and combine breathwork to enhance the mind-body connection.

Hatha/Yin (all levels) Poses are held longer to benefit tight muscles and target deep connective tissue.

Qigong for Health & Happiness (all levels) The use of simple poses, breathing techniques, and guided meditation to unlock stagnate energy and promote a healthy a flow of qi (chee).

Yoga Flow Stretch (1,2) Gentle yoga posescombined with stretching.

Yogalates (all levels) A complete and comprehensive fusion of Yoga and Pilates. A mat-based class designed to increase flexibility, strength, and control of core muscles while also creating a sense of inner calm, and overall well-being.

	MONDAY				April 2024			FRIDAY						
Part Proprinted Tower Studio A La La Studio A Starty L Part Table Mari Plates Studio B La La La La La La La	6 a.m.	Power Pump	Studio A	Diane					6 a.m.	Total Body	Studio A	Diane		
	7 a.m.	Reformer Tower**	Studio B	Mike	Land Group Fitness Classes			7 a.m.	Morning Yoga	Studio A	Lainie			
9 a.m. Tal Chi Studo A Kathy L 9 a.m. TRX Cym James 10 a.m. Hatha Yoga Studo A 10 a.m. Mamas with Kiddos 10 a.m. Mamas with Kiddos 10 a.m. KEV TIME Fitor Gold Studo A 10 a.m. NEW TIME Fitor Gold 11 a.m. Cardiac Rehab Transition 11 a.m. Cardiac Rehab Transition 11 a.m. Cardiac Rehab Transition 11 a.m. Strength's Stability Studo A 12 a.m. NEW TIME Fitates (sign-up required) 12 a.m.	7 a.m.	Yoga/Meditation	Studio A	La	WEDNESDA	AY			9 a.m.	J ,	Studio A	Stacy		
Parm	8:30 a.m.	Tai Chi	Studio A	Kathy L	6 a.m.	Total Body	Gym	Diane	9:30 a.m.		Gym	Shae		
930-9555 Tal Chi Advanced Studio A Kathy L 10 a.m. Hatha Yoga Studio A Tetyana 10 a.m. Hatha Yoga Studio A Manay 10 a.m. New TIME Fit for Gold Studio A Lynne 12 p.m. Tal Chi Studio A Studio A Rathy L 130 a.m. New TIME Fit for Gold Studio A Lynne 12 p.m. Tal Chi Studio A Studio A Rathy L 130 a.m. New TIME Fit for Gold Studio A Lynne 12 p.m. Tal Chi Studio A Studio A Rathy L 130 a.m. Strength 6 Stability Studio A Lynne 11 a.m. Gentle Hatha Yoga Studio A Tetyana 1130 a.m. Strength 6 Stability Studio A Lynne 11 a.m. New TIME Fit ates Reformer* Studio B Mistalio (Lori Lipha-pereputed) Studio A Studio A Stable Lynne Reformer* Studio B Mistalio (Lori Lipha-pereputed) Studio B Wike 3 p.m. Be Balanced Studio B Wike 3 p.m. Spinning Studio B Wik	9 a.m.	TRX	Gym	James					9:30 a.m.	Pilates Reformer**	-	Lynne		
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	5:30 p.m.	Spinning	Studio B	Chip	·						Pavilion			
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