

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.

NEW! 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 for full body training.

NEW! 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.

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 to improve balance and reduce the risk of falling.

Cardio YoPi (2,3) Yoga and Pilates combined with light 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 poses combined 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.

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

MONDAY

6 a.m.	Power Pump	Studio A	Diane
7 a.m.	Reformer Tower**	Studio B	Mike
7 a.m.	Yoga/Meditation	Studio A	La
9 a.m.	TRX	Gym	James
10 a.m.	Hatha Yoga	Studio A	Tetyana
10 a.m.	Mamas with Kiddos Boot Camp*	KLC Gym	Kristie
10:30 a.m.	Reformer Tower**	Studio B	Lynne
11 a.m.	Cardiac Rehab Transition	Fitness Floor	Fitness Coach
11:30 a.m.	Strength & Stability	Studio A	Lynne
12:15 p.m.	Table Mat Pilates (sign-up required)	MI Studio	Lori
3 p.m.	Be Balanced	Studio A	Shae
5:00 p.m.	Reformer Tower**	Studio B	Mike
6 p.m.	Spinning	Studio B	Varies

TUESDAY

9 a.m.	Spinning	Studio B	Jen H
9 a.m.	Cardio YoPi	Studio A	Tetyana
9:30 a.m.	Boot Camp	Gym	Shae
10 a.m.	Dance Fit	Studio A	Julie
11 a.m.	Chair Yoga	Studio A	Parmjit
12 p.m.	Yoga Flow Stretch	Studio A	Parmjit
1:30 p.m.	*NEW TIME Chair/Gentle Mat Pilates	Studio A	Lori
5 – 5:25 p.m.	Kettlebells	Studio C	James
5:15 p.m.	Zumba	Studio A	Carolina
5:30 p.m.	Spinning	Studio B	Chip
6:15 p.m.	Cardio & Weights	Studio A	Jan

March 2024 Group Fitness Classes

WEDNESDAY

6 a.m.	Total Body	Gym	Diane
7 a.m.	Reformer Tower**	Studio B	Mike
7 a.m.	Yin Yoga	Studio A	Deana
9 a.m.	TRX	Gym	James
10 a.m.	Mamas with Kiddos Barre*	Studio A	Mandy
10 a.m.	Pilates Reformer**	Studio B	Lynne
11 a.m.	Cardiac Rehab Transition	Fitness Floor	Fitness Coach
11 a.m.	Gentle Hatha Yoga	Studio A	Tetyana
11 a.m.	Fit for Gold	Studio B	Lynne
12 p.m.	Strength & Stability	Studio A	Lynne
1 p.m.	Qigong for Health & Happiness	Studio A	La
3 p.m.	Be Balanced	Studio A	Justin
5:30 p.m.	Spinning	Studio B	Jen H.
6 p.m.	Hatha Yoga	Studio A	Annie

THURSDAY

6 a.m.	Bender Barre	Studio A	Marie
7 a.m.	Reformer Tower**	Studio B	Marie
8:30 a.m.	Reformer Tower**	Studio B	Marie
9:30 a.m.	Yogalates	Studio A	Tetyana
10:30 a.m.	Dance Fit	Studio A	Julie
11:30 a.m.	Basic Pilates Reformer**	Studio B	Lynne
12 p.m.	Chair Yoga	Studio A	Parmjit
5:30 p.m.	HIIT	Studio A	Megan T
5:30 p.m.	Pilates Reformer**	Studio B	Mike
6:30 p.m.	Easy Yoga / Meditation	Studio A	Parmjit

FRIDAY

6 a.m.	Total Body	Studio A	Diane
7 a.m.	Morning Yoga	Studio A	Lainie
9 a.m.	Hatha Yoga (All Levels)	Studio A	Stacy
9:30 a.m.	Boot Camp	Gym	Shae
9:30 a.m.	Pilates Reformer**	Studio B	Lynne
10 a.m.	Table Mat Pilates (sign-up required)	MI Studio	Lori
10:30 a.m.	Dance Fit	Studio A	Julie

SATURDAY

7:30 a.m.	Yoga Flow	Studio A	Deana
8 a.m.	Tabata	Gym	Kathie
9 a.m.	Bender Barre	Studio A	Marie
9 a.m.	Spinning	Studio B	Megan T.
10 a.m.	Reformer Tower**	Studio B	Mike
10 a.m.	Power Pump	Studio A	Marie
11 a.m.	Chair Yoga	Studio A	Kathleen
11:30 a.m.	Reformer Tower**	Studio B	Marie

SUNDAY

8:30 a.m.	Hatha Yoga (All Levels)	Studio A	Claude
9 a.m.	Spinning	Studio B	Jen H.
11:30 a.m.	Hatha/Yin Yoga	Studio A	Tetyana

Instructors may vary.

*Fee based

**Intro Sessions Required

All classes are 50 minutes unless stated otherwise.



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