

June 2024: Land Aquatic Group Fitness Class Schedule

Studio A - Group Fitness						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hatha Yoga 8:30 am Claude	Power Pump 6 am Diane	CardioYoPI 9 am Tetyana	YIn Yoga 7 am Deane	Bender Barre 6 am Marie	Total Body 6 am Diane	Yoga Flow 7:30 am Deana
	Yoga/ Meditation 7 am La	DanceFit 10 am Julie	Fit for Gold 10 am Lynne	Yogalates 9:30 am Tetyana	Morning Yoga 7 am Lainie	Bender Barre 9 am Marie
Hatha Yoga 11:30 am Tetyana	Tai Chi 8:30 am Adv. 9:30-9:55am Kathy L	Chair Yoga 11 am Parmjit	YIn Yoga 11 am Tetyana	DanceFit 10:30 am Julie	Hatha Yoga 9 am Stacy	Power Pump 10 am Marie
	Hatha Yoga 10 am Tetyana	Yoga Flow Stretch 12 pm Parmjit	Stability & Strength 12 pm Lynne	Chair Yoga 12 pm Parmjit	DanceFit 10 am Julie	Chair Yoga Kathleen
	Strength & Stability 11:30 am Lynne	Chair/Mat Pilates 1:30 pm Lori	Qigong for Happiness 1 pm La	HIIT 5:30 pm Megan T.	Tai Chi 11am Adv. 12-12:30pm Kathy L	
	Be Balanced 3 pm Shae	Zumba 5:15 pm. Carolina	Be Balanced 3 p.m. Myles	Easy Yoga/ Meditation 6:30 p.m. Parmjit	Balance 3 pm Myles	
	Body Blast 5pm Madison	Cardio & Weights 6:15 pm Jan	Hatha Yoga 6 pm Annie			

Studio B - Mind & Body/Spinning						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 9 am Jen H.	Reformer Tower* 7 am Mike	Spinning 9 am Jen H.	Reformer Tower* 7 am Mike	Reformer Tower* 7 am Marie	Pilates Reformer* 9:30 am Lynne	Spinning 9 am Megan T.
	Reformer Tower* 10:30 am Lynne		Pilates Reformer* 9 am Lynne	Reformer Tower* 8:30 am Marie		Reformer Tower* 10 am Mike
	Reformer Tower* 5 pm Mike		Spinning 5:30 pm Jen H.	Basic Pilates Reformer* 11 am Lynne		Reformer Tower* 11:30 am Marie
	Spinning 6 pm Varies			Reformer Tower* 5:30 pm Mike		

Lap Pool/Warm Pool						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AI Chi 11:15 am Warm Water	Deeply Fit 9:30 am Lap Pool	Deeply Fit 9:30 am Lap Pool	Deeply Fit 9:30 am Lap Pool	Aqua Strong Boards* 7:45 am Lap Pool	Deeply Fit 9:30 am Lap Pool	Deeply Fit 11:15 am Lap Pool
	Aquacise 10:15 am Warm Water	Aquabatas 10:30 am Lap Pool	Aquacise 10:15 am Warm Water	Deeply Fit 9:30 am Lap Pool	Aquacise 10:15 am Warm Water	
	Aqua Strong Boards* 10:20 am Lap Pool	Cardio Abs Deep 11:30 am Warm Water	Fluid Moves 11:30 am Warm Water	Deeply Fit 11:30 am Warm Water	Fluid Moves 11:30 am Warm Water	
	Fluid Moves 11:30 am Warm Water	Power Waves 6:30 pm Lap Pool	Extreme Power 5:30 pm LapPool	Aqua S.M.I.L.E. 5:30 pm Warm Water		
	Aqua S.M.I.L.E. 5:30 pm Warm Water			Deeply Fit 6:30 pm Lap Pool		

Studio C /Med. Ex Studio/Sports Arena						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX 9 am Sports Arena James	Bootcamp 9:30 am Sports Arena Megan F.	Total Body 6 am Sports Arena Diane	Kettlebells 5-5:25 pm Studio C Madison	Bootcamp 9:30 am Sports Arena Shae	Tabata 8 am Sports Arena Kathie
	Table Pilates 12 pm Med Ex Studio Lori	Kettlebells 5-5:25 pm Studio C James	TRX 9 am Sports Arena James	TRX 5:30-5:55 pm Studio C Madison	Table Pilates 10 am Med Ex Studio Lori	
		TRX 5:30-5:55 pm Studio C James				

Instructors may vary.
All classes are 50 minutes unless stated.
*Fee based



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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 for full body training.

Body Pump (3) Total body strength workout that will shape and tone all your major muscle groups. The ideal workout for anyone looking to get lean, toned and fit – fast. The class uses light to moderate hand weights with high repetition.

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**

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 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 breath work to enhance the mind-body connection.

Yin Yoga (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.