

## 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
8:30 a.m.	Tai Chi	Studio A	Kathy L
9 a.m.	TRX	Gym	James
9:30- 9:55a	Tai Chi Advanced	Studio A	Kathy L
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 p.m.	Table Mat Pilates (register online)	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.	Chair/Gentle Mat Pilates	Studio A	Lori
5 – 5:25 p.m.	Kettlebells	Studio C	James
5:30-5:55 p.m.	<b>NEW CLASS</b> TRX	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

# May 2024

## Land 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
9 a.m.	<b>NEW TIME</b> Pilates Reformer*	Studio B	Lynne
10 a.m.	Mamas with Kiddos Barre*	Studio A	Mandy
10 a.m.	Fit for Gold	Studio A	Lynne
11 a.m.	Cardiac Rehab Transition	Fitness Floor	Fitness Coach
11 a.m.	Yin Yoga	Studio A	Tetyana
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	Myles
5:30 p.m.	Spinning	Studio B	Jen H.
6 p.m.	Hatha Yoga	Studio A	Annie

### THURSDAYS

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
5-5:25pm	<b>NEW CLASS</b> Kettlebells	Studio C	Madison
5:30-5:55 p.m.	<b>NEW CLASS</b> TRX	Studio C	Madison
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	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 (register online)	MI Studio	Lori
10 a.m.	Dance Fit	Studio A	Julie
11 a.m.	<b>NEW TIME</b> Tai Chi	Studio A	Kathy L
12-12:25p	Tai Chi Advanced	Studio A	Kathy L
3 p.m.	<b>NEW CLASS</b> Be Balanced	Studio A	Myles

## 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	Studio A	Claude
9 a.m.	Spinning	Studio B	Jen H.
11:30 a.m.	Hatha Yoga	Studio A	Tetyana

Instructors may vary.  
All classes are 50 minutes unless indicated.  
\*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.

**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