



New classes or changes are bold
Classes subject to change

LAND CLASSES

March 1-31

| Event | Event Day | Event Time | Facility | Staff |
|--------------------------|------------------|----------------------|-----------------|-------------------|
| Total Body Training | Monday | 5:15A-6:00A | Gym 3 | Sara K. |
| Senior Strength and Core | Monday | 8:00A-8:45A | Studio R | Angela O. |
| Power Hour | Monday | 8:30A-9:15A | Gym 3 | Craig F. |
| Senior Strength Training | Monday | 9:00A-9:45A | Studio R | Nicole R. |
| Cardio Core | Monday | 9:00A-10:00A | Studio C | Cindy C. |
| Muscle Mania | Monday | 10:15A-11:15A | Studio C | Craig F. |
| DRC+ | Monday | 12:00P-1:00P | Studio C | Staff |
| Muscle Mania | Monday | 5:15P-6:00P | Gym 3/Studio R | Logan A. |
| Shine | Monday | 5:30P-6:30P | Studio C | Jessica M. |
| Power Hour | Monday | 6:15P-7:00P | Gym 3/Studio R | Craig F. |
| Bounce Burn | Monday | 6:45P-7:30P | Studio C | Tiffany S. |
| H.I.I.T Strength | Tuesday | 5:15A-6:00A | Studio C | Kelli O. |
| Barre Pilates | Tuesday | 8:15A-9:00A | Studio R | Cindy C. |
| Making the Cut | Tuesday | 8:15A-9:00P | Studio C | Aimee E. |
| Senior Strength Training | Tuesday | 9:00A-9:45P | Studio R | Amy R. |
| Bounce and Burn Express | Tuesday | 9:15A-9:45A | Studio C | Tiffany S. |
| DRC+ | Tuesday | 12:00P-1:00P | Studio C | Staff |
| Power Sculpt | Tuesday | 5:30P-6:15P | Studio C | Jenni J. |
| Total Body Training | Wednesday | 5:15A-6:00A | Studio C | Sara K. |
| Cardio Core | Wednesday | 7:15A-8:00A | Studio C | Ally M. |
| Senior Strength Training | Wednesday | 8:00A-8:45A | Studio R | Angela O. |
| Power Hour | Wednesday | 8:30A-9:15A | Gym 3 | Craig F. |
| Cardio Core | Wednesday | 9:00A-10:00A | Studio C | Cindy C. |
| Muscle Mania | Wednesday | 10:15A-11:15A | Studio C | Mary Ann L. |
| DRC+ | Wednesday | 12:00P-1:00P | Studio C | Staff |
| Power Hour | Wednesday | 5:30P-6:15P | Studio C | Craig F. |
| Dance Fit | Wednesday | 6:30P-7:30P | Studio C | Cait M. |
| Early Morning Bootcamp | Thursday | 5:15A-6:00A | Studio C/Gym 3 | Logan A. |
| Barre Pilates | Thursday | 8:15A-9:00A | Studio R | Cindy C. |
| Making the Cut | Thursday | 8:15A-9:00A | Studio C | Craig F. |
| Senior Strength Training | Thursday | 9:15A-10:00A | Studio C | Ally M. |
| Silver Bounce | Thursday | 10:15A-10:45A | Studio C | Tiffany S. |
| Please Be Seated | Thursday | 11:00A-11:30A | Studio R | Amy R. |
| Hot Iron | Thursday | 4:15P-5:00P | Studio D | Jenni J. |
| Muscle Mania | Thursday | 5:30P-6:15P | Studio C | Melanie E. |
| Dance Fit | Thursday | 6:45P-7:45P | Studio C | Jessica M. |
| Total Body Training | Friday | 5:15A-6:00A | Gym 3 | Sara K. |
| Power Hour | Friday | 8:30A-9:15A | Gym 3 | Craig F. |
| Senior Strength Training | Friday | 9:00A-9:45A | Studio C | Nicole R. |
| Pilates Strength | Friday | 9:00A-10:00A | Studio R | Cindy C. |
| Mobility and Strength | Friday | 10:15A-11:15A | Studio C | Craig F. |
| Shine | Saturday | 9:00A-10:00A | Studio C | Jessica M. |
| Bounce Burn | Saturday | 10:15A-11:00A | Studio C | Tiffany S. |
| Weekend Bootcamp | Saturday | 8:15A-9:00A | Studio R | Jenni J. |
| Pilates, Core, and More | Sunday | 1:15P-2:00P | Studio D | Melanie E. |

MODIFIED SCHEDULE MARCH 16-20 NO CLASSES MARCH 21 and 22

Land Fitness

Barre Pilates- Uses the ballet bar as a prop to balance while doing exercises that focus on isometric strength training combined with high reps or small range of motion movements. Barre Pilates has a Pilates style to give you a total body workout with strong core work.

Bounce and Burn Express- Don't have an hour to do cardio? Try this fun 30min trampoline class that will get your heart pumping but having fun while doing it!

Bounce Burn-This high-energy class takes place on a mini trampoline and offers zero-impact cardio that will get your heart pumping. In addition to the cardio benefits, Rebounding also includes strength training intervals that target multiple muscle groups, helping to tone and strengthen your body.

Cardio Core- A total body workout with cardio and weight training. Increase your heart rate with a variety of step routines while toning your muscles using weights, body bars, bands and a core training to develop those "POWERHOUSE" abs.

Dance Fit- A combination of dance fitness, toning with weights and body weight. We rock out to current music and follow a pattern of dance fitness combined with toning throughout the entire class.

Early Morning Bootcamp-This early morning class will get you ready for the day! This class uses interval training that combines body-weight and strength training with aerobic elements to sculpt muscle and build strength.

H.I.I.T Strength- Taking your class to the next level with HIIT training. You will see results quicker when you challenge your workout with different intensity. This a class you won't want to miss.

Hot Iron- This 45 minute hot class utilizes hand weights to create a full body workout targeting all muscle groups.

Making the Cut- Strength training is the number one way to build muscle. If you want to get the cuts and lines that more muscle can offer. If you are a long time weight lifter or this is your first class, this class will guide you through your journey of strength.

Mobility and Strength -This class is designed to help you improve strength, posture, flexibility, and increase your joint range of motion (mobility). This class is suitable for all levels as each exercise can be adapted based on your current level.

Muscle Mania- A high energy class that incorporates giant sets, super sets and circuit training to train and tone muscles. An abs workout is included to help you develop a six-pack. All exercises can be adapted to any level.

Pilates, Core, and More-A mix of Pilates, strength training, and stretching. To condition the whole body, you'll work hard on getting the right posture and alignment, using props and body resistance to build stamina, flexibility, and core strength. This class will get your heart rate up and burn calories while combining lengthening and strengthening for a full body workout.

Pilates Strength Try out this unique workout with a fusion of Pilates and weights All levels are welcome and you will work on the over-all strength through the art of Pilates.

Please Be Seated- Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

Power Hour- This workout combines moderate/high intensity cardio training and weights to help build strength and power. Combining these two elements will define muscles increase fat burn, giving you the ultimate training you've been looking for. Modifications for all levels.

Power Sculpt- Power Sculpt is a creative blend of resistance work, cardio conditioning, interval training, manageable mobility and core strength exercises all set to crazy FUN music

Senior Strength Training- Entry level weight bearing and muscle strengthening exercise class for seniors. This class focus's on the fundamental and functional exercises needed for everyday life. Our instructor will also include balance and core work during this class to help with core stability.

Senior Strength and Core- This intermediate level class focuses on functional fitness and core using different types of equipment such as balls, dumbbells, and bands. This class will incorporate the floor for core and other functional exercises but can be modified for all levels.

Silver Bounce- This trampoline class is geared towards beginners and our senior population. This class provides an excellent cardio workout that is easy on the joints. Senior Bounce will help stimulate the lymphatic pathways (helps detox the body), increased bone density, improved blood sugar regulation, increase in coordination and stability!

SHINE™- A dance fitness class rooted in traditional dance such as jazz, hip hop and ballet set to great Top 40 music. We take those functional moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you keep moving and do less thinking.

Total Body Training- Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout using dumbbells, body bars, bands, and a step.

Weekend Bootcamp-This class uses interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle and build strength.



Mind and Body

| Event | Event Day | Event Time | Facility | Staff |
|-------------------------|-----------|---------------|----------|--------------|
| Beginner Yoga | Monday | 10:00A-10:45A | Studio D | Kay H. |
| Hot Soul Fusion | Monday | 4:15P-5:00P | Studio D | Jenni J. |
| Hot Yoga | Monday | 7:30P-8:30P | Studio D | Kari W. |
| Yoga Flow | Tuesday | 9:00A-9:45A | Studio D | Kelli F. |
| Stretch and Strength | Tuesday | 10:00A-10:45A | Studio D | Amy R. |
| Chair Yoga Stretch | Tuesday | 11:00A-11:30A | Studio D | Amy R. |
| Stretch and Strength | Tuesday | 4:15P-5:00P | Studio D | Amy R. |
| Yoga | Tuesday | 6:00P-7:00P | Studio D | Kay H. |
| Hot Yoga | Tuesday | 7:30P-8:30P | Studio D | Kari W. |
| Yoga | Wednesday | 9:00A-10:00A | Studio D | Kay H. |
| Stretch and Strength | Wednesday | 10:15A-11:00A | Studio D | Amy R. |
| Hot Warrior Rhythm | Wednesday | 4:15P-5:00P | Studio D | Jenni J. |
| Stretch and Roll | Wednesday | 6:00P-6:45P | Studio D | Jenni J. |
| Hot Yoga | Wednesday | 7:30P-8:30P | Studio D | Kari W. |
| Stretch and Strength | Thursday | 10:00A-10:45A | Studio D | Amy R. |
| Hot Yoga | Thursday | 5:30P-6:30P | Studio D | Kelli F. |
| Restorative Yoga | Thursday | 7:00P-7:45P | Studio D | Elizabeth M. |
| Strong Stretch | Friday | 5:15A-6:00A | Studio D | Tracie V. |
| Chair Yoga | Friday | 10:00A-10:45A | Studio D | Elizabeth M. |
| Hot Fit | Friday | 4:15P-5:00P | Studio D | Jenni J. |
| Hot Yoga | Saturday | 9:00A-10:00A | Studio D | Kari W. |
| Meditation and Stretch | Sunday | 3:00P-3:45P | Studio D | Elizabeth M. |
| Singing Bowl Sound Bath | Sunday | 4:00P-4:30P | Studio D | Tessa W. |

Mind and Body

Beginner Yoga— Have you always wanted to learn yoga but didn't know where to start? Beginner yoga will take you through the poses with emphasis on form.

Chair Yoga— You will enjoy the yoga poses with the assistants of the chair to lengthen and strengthen your body. All levels of fitness can benefit from chair yoga , so come and stretch with movement while in the comfort of your chair.

Chair Yoga Stretch - Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

Hot Fit—Hot Fit is a unique circuit training class blending both yoga, mobility, and weight training.

Hot Yoga- Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body. Teaching you to ground yourself in each pose, stimulating your mind and restoring your body.

Hot SOUL Fusion- You asked for it so here it is! Your favorite Soul Fusion in a hot studio. SOUL fusion improves strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. Be ready to sweat in Hot SOUL Fusion, and you will leave with that detox feeling that burns calories for hours later.

Hot Warrior Rhythm- Fitness-focused with yoga undertones, WARRIOR Rhythm™ increases strength, flexibility, and balance. It's yoga + weights + HIIT + mindfulness rolled into one insanely rhythmic experience! Grab a yoga mat, and weights and get ready for unconventional yoga flows and unforgettable playlists designed to unleash your inner wild thing!

Meditation and Stretch-Calm your mind, settle your body and find a softer focus to your day. Beginners to practicing mediators will benefit from this class. Consists of breath work and then progresses into a guided stretch and ending in a mindful meditation.

Restorative Yoga -restful practice that holds yoga poses (asanas) for a longer duration using props like yoga blocks, blankets, and bolsters. It is a practice of deep relaxation that emphasizes the meditative aspect of yoga—the union of body and mind.

Singing Bowl Sound Bath- An immersive, full-body listening experience that promotes healing and restorative processes through the sounds and vibrations of crystal singing bowls.

Stretch and Sound bath— After light stretching to lengthen the muscles you will enjoy the sounds of the singing crystal bowls that will focus on quieting the mind. This fusion of sound and gentle stretches will gift your body with more blood flow in both the body and mind.

Stretch and Roll— Using the foam rollers you will help break up knots, release toxins and transform your recovery time in life.

Stretch & Strength- A stretching and toning class to work on improving flexibility, balance, coordination, and strength. It is designed to be a full body workout that will help you become a stronger you.

Strong Stretch- Work on the things that so many of us ignore like flexibility, mobility, core, balance, stability, and light strengthening

Yoga- Hatha Yoga is the ancient technique of stretching with deep breathing to tone and shape joints and muscles. A total-body workout, practiced by any fitness level, with longer duration of time.

Yoga Flow-A 45 minute all levels Vinyasa flow class using movement with layers of poses improving balance, core strength and mental wellbeing.



Water Classes

| Event | Event Day | Event Time | Facility | Staff |
|---------------------|-----------|---------------|----------------|-------------------|
| Aqua Intervals | Monday | 8:00A-8:45A | Leisure Area 5 | Janice K. |
| Power Waves | Monday | 9:00A-10:00A | Leisure Area 5 | Aimee E. |
| Aerobic Waves | Monday | 10:00A-11:00A | Leisure Area 5 | Janice K. |
| Aqua Bootcamp | Monday | 5:45P-6:30P | Leisure Area 5 | Mona M. |
| Aqua Zumba Mix | Tuesday | 5:15A-6:00A | Leisure Area 5 | Stephanie S. |
| Pumping Water | Tuesday | 7:30A-8:30A | Leisure Area 5 | Carol R. |
| Deeply Fit | Tuesday | 8:30A-9:15A | Leisure Area 5 | Marcia C |
| Cardio Splash | Tuesday | 9:30A-10:15A | Leisure Area 5 | Rhene B. |
| Aqua Splash | Tuesday | 5:45P-6:30P | Leisure Area 5 | Pattie E. |
| Tabata Waves | Wednesday | 8:00A-8:45A | Leisure Area 5 | Janice K. |
| Power Waves | Wednesday | 9:00A-10:00A | Leisure Area 5 | Aimee E. |
| Aerobic Waves | Wednesday | 10:00A-11:00A | Leisure Area 5 | Janice K. |
| Cardio Splash | Wednesday | 5:45P-6:30P | Leisure Area 5 | Pattie E. |
| Pumping Water | Thursday | 7:30A-8:30A | Leisure Area 5 | Carol R. |
| Deeply Fit | Thursday | 8:30A-9:15A | Leisure Area 5 | Marcia C. |
| Cardio Splash | Thursday | 9:30A-10:15A | Leisure Area 5 | Rhene B. |
| Aqua Splash | Thursday | 5:45P-6:30P | Leisure Area 5 | Pattie E. |
| B.A.S.E | Friday | 8:15A-9:00A | Leisure Area 5 | Rhene B. |
| Hydro H.I.I.T | Friday | 9:00A-9:45A | Leisure Area 5 | Rhene B. |
| Tabata Waves | Friday | 10:00A-10:45A | Leisure Area 5 | Mary Ann L. |
| Aqua Zumba Mix | Saturday | 8:30A-9:30A | Leisure Area 5 | Stephanie S. |
| Wet Weekend Workout | Sunday | 2:00P-3:00P | Leisure Area 5 | Mona M./Janice K. |

Water Fitness

Aerobic Waves- A shallow water, cardiovascular workout, increases flexibility and enhanced strength without stress on your joints.

Aqua Bootcamp-- This class provides both whole group and circuit formats. Exercises are performed with a high level of effort and intensity using interval training. It will target cardiovascular and muscle conditioning while in an aquatic environment

Aqua Intervals-This class is designed to give you remarkable results both in aerobic and non-aerobic capacity by using aquatic equipment in interval training methods such as Tabata and HIIT. Join us to experience the increased resistance and other benefits of water exercise.

Aqua Splash-- You will try multiple ways to work the water in this fun and creative class. This is the change that you are looking for with constant movement with different tools you will never get bored while burning calories.

Aqua Zumba Mix-Classic aqua aerobics with Latin flavor added. Perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

B.A.S.E (balance and stretching essentials)-Water based activities to improve mobility and balance. This is accomplished through stability, strengthening, and stretching aspects. Not a cardio based program. Strengthen your core, improve your posture, and increase mobility.

Cardio Splash- A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow.

Deeply Fit-This low-intensity deep water workout focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. Participants combine cardiovascular work, deep-water running, jogging, and bicycling and cross-country skiing movements. A buoyancy belt is encouraged to create and maintain proper balance and posture

Hydro H.I.I.T-Based on the principals of High Impact Interval Training this 45 minute session combines short periods of intense exercise followed by short periods of rest. The instructor will lead the class throughout the session in a series of exercises, using the resistance of the water alongside the use of weights and other fitness equipment.

Power Waves- An intense aqua workout with interval training, plyometric and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

Pumping Water- A variety of equipment and tempos to increase the resistance for your upper and lower body as you move through the water. Add in the cooling and increased circulation benefits of the water workout and you will find one of the best strength training workouts available.

Tabata Waves- This intense interval workout utilizes the Tabata Fitness Protocol of 20 seconds work followed by 10 seconds rest and repeated 8 times. The water will give you that increased intensity while protecting your joints and keeping your body cooler than it would on land.

Wet Weekend Workout-Come end the week with a great cardio and strength workout in the water! Get ready to get your heart pounding while having fun!



Cycle Classes

| Event | Event Day | Event Time | Facility | Staff |
|--------------------|-----------|---------------|--------------|-------------|
| Just Spin | Monday | 6:00P-6:45P | Cycle Studio | Paula M. |
| Cycle + | Tuesday | 12:00P-12:45P | Cycle Studio | Staff |
| Cycle Burn | Wednesday | 9:00A-9:45A | Cycle Studio | Mary Ann L. |
| Cycle Burn | Thursday | 6:30P-7:15P | Cycle Studio | Kelli O. |
| Cycle + | Thursday | 12:00P-12:45P | Cycle Studio | Staff |
| Inspirational Spin | Friday | 9:00A-9:45A | Cycle Studio | Mary Ann L. |
| Rhythm Ride | Saturday | 9:00A-9:45A | Cycle Studio | Michelle C. |

Cycle Classes

Cycle Burn- Cycle Burn is the high intensity workout you are looking for! All levels are welcome but be ready to BURN!

Just Spin- Just that! This spin class will take you through several different workouts each class. Get ready to spin!

Inspirational Spin- "Cycle with a purpose" is the focus of this fun and uplifting class. Enjoy a challenging ride, burn calories, and leave with intention for the day.

Rhythm Ride- A high intensity spin class that focuses on riding to the beat of the music with upper body movements that feel like a dance party on the bike while giving you a full body work out.

DRC+

DRC+ combines your favorite classes with our 75" TV to provide more flexibility so that you are able to fit classes in your schedule! Join our instructors in a pre-recorded fitness class.

Youth Fitness

| Event | Event Day | Event Time | Facility | Staff |
|-----------------------------|-----------|-------------|----------------|-----------|
| Teen Weight Lifting (12-15) | Monday | 4:00P-4:45P | Fitness Center | Craig F. |
| Youth Bootcamp (8-12) | Tuesday | 4:00P-4:45P | Studio C | Cassey B. |
| Teen Weight Lifting (12-15) | Tuesday | 4:00P-4:45P | Fitness Center | Logan A. |
| Teen Weight Lifting (12-15) | Wednesday | 4:00P-4:45P | Fitness Center | Craig F. |
| Youth Bootcamp (8-12) | Thursday | 4:00P-4:45P | Studio C | Cassey B. |
| Teen Weight Lifting (12-15) | Thursday | 4:00P-4:45P | Fitness Center | Logan A. |

Youth Fitness

Teen Weightlifting- Ages 12-15 will learn

about weight lifting and the form needed to build strength and endurance Teen weightlifting well also cover fitness center etiquette and recovery time. Your instructor will also encourage the proper eating that is needed for success with weightlifting.

Youth Boot Camp- Improve your strength and stamina for any activity. This fun workout consists of sports drills, light weights, jump rope, boxing, circuits, fun games and interval training.

Cardiovascular fitness and coordination.

Classes Removed From Previous Schedule

| Event | Event Day | Event Time | Facility | Staff |
|------------------------|-----------|-------------|----------|----------|
| Stretch and Sound bath | Monday | 6:00P-6:45P | Studio D | Tessa W. |