



## Land Class Menu descriptions:

**Anything Goes** - A well rounded strength workout incorporating a variety of formats and equipment. Each week will be something different.

**Balance Training** - Fall prevention is a KEY training technique that should be included in all exercise programs for the mature adult. This class focuses on strengthening muscles, as well as improving the visual and vestibular systems to improve balance and stability with the goal of reducing the risk of falling.

**Barre Fit** - An exceptional regime of ballet, Pilates, strength and flexibility training using a ballet barre. This total body conditioning technique has been intertwined to create an intense workout, guaranteed to transform and sculpt your entire body. Open to all levels.

**Bike & Tone** - You will cycle for 40 minutes and tone up those muscles with light resistance equipment for an additional 15 minutes.

**Body Blast** - This class provides the variety your body needs to see results by utilizing specific muscle conditioning that will be tailored to each class.

**B.C.Kick** - Boot Camp Kick - This high energy workout combines athletic skills and drills with cardio intervals for a total body workout.

**Cardio Chaos** - A fun, intense cardio workout using a variety of styles and techniques.

**Cardio Fit** - This high intensity cardio with a twist class is designed to challenge you in the studio and throughout the facility.

**Cardio Fit & Sculpt** - If it's variety you want, you will find it here! This super fun class will provide 30 minutes of low-impact intervals and will wrap-up with core and stretching.

**Chi Gong** - Join us for the art and practice of energy for self-healing, balance, a form of meditation, exercise and recreation. Forms include movement and non-movement, breath work focus and centering. The work is gentle with standing and walking postures and will both invigorate and calm the participant.

**Core de Force** - Workouts are broken into 3-minute "rounds" just like a real boxing match, which includes a cardio spike in every round. This mixed martial arts-inspired workout is designed to utilize 360° rotational movement to sculpt total body definition - no equipment needed.

**Core Fit** - Train for improvements in everyday, real life activities. Participants will use hand weights and functional movement patterns.

**Cycle** - This class will offer a great total body workout on upright cycles.

**Dance Fit** - This fun and engaging class will combine Jazz, Ballet and Belly Dancing to not only provide overall physical activity, but also to tone and firm the muscles without the bulk of lifting weights.

**F.L.E.E.** - Functional Living Exercises for Everyone - This class incorporates exercises to strengthen your muscles as well as improve balance, coordination, posture and agility. Props such as light hand weights, balls and bands will be utilized for best results.

**F.L.Y.** - Functional Living Yoga - Experience the beauty of yoga and meditation while seated and standing with a chair for support.

Learn to relax and enhance your body, breath, and mind with Hatha Yoga and meditation. Class held in upstairs classrooms.

**Hatha Blend** - A hybrid between several different styles of yoga incorporating strength, flexibility and alignment to create a challenging yet safe practice. This class includes a flow section linking one movement into the next focusing on strengthening your body, as well as, holding the poses to increase flexibility.

**Meditation (Med.) Yoga** - A beginning Hatha Yoga class that promotes inner peace and balance through breath and meditation.

**Meditation (Med.) Yoga II** - Intermediate/Advanced level.

**Pilates** - Based on the theories of Joseph H. Pilates, this unique stretching and strengthening program will improve your alignment, coordination, strength, and flexibility through specific mat work exercises that focus on abdominal control and pelvic stability.

**Pilates4Core** - This class will target and aid in re-shaping the muscles of the abs, back, and hips. Participants will use a variety of props (i.e. towels, bands, balls, etc.) while using Pilates and Core Training Movements.

**Pilates Plus** - This class takes you to the next "core training" level by incorporating techniques to ensure proper body and spinal alignment. Exercises will move in progression and flexibility is integrated.

**Pilates Sculpt** - This class expands upon beginner Pilates, progresses towards more advanced techniques while incorporating weights, balls and bands.

**P.U.M.P.** - Progressive Unlimited Muscle Plan - Combined with calorie burning athletic segments, this class is guaranteed to provide the best of both worlds...strength and cardio!

**R.I.P.P.E.D** - Resistance, Intervals, Power, Plyometrics and Endurance. This total body, high intensity, and plateau proof program utilizes free weights, resistance and body weight exercises.

**Restorative Stretch** - This class is a full body stretch program that will help to increase flexibility, release tension, improve posture and range of motion. Participants must be able to transition from standing to floor independently.

**Restorative Yoga** - This class uses props and postures to restore and heal the over stressed, distracted body/mind as well as breath and body work to open areas such as the back, hips and shoulders while reducing stress and promoting healing. Wear loose comfortable clothing.

**Step** - This class incorporates basic step routines alternated with high intensity floor intervals or circuits (cardio and strength) using balls, bands and weights. Looking for a high energy, no-frills workout.

**Tai Chi-Advanced** - This class will continue to review and perform 24 form Tai Chi. While all participants are invited to attend, those just learning will be encouraged to learn the form work at their own pace as no new beginning classes will be offered.

**T.B.T.** - Total Body Toning - This well rounded workout will strengthen the muscles of the upper, middle and lower body using bands, balls, tubing and weights.

**Treadmill Trekking** - Trekking is a treadmill-based cardio training class appropriate for both runners and walkers. It alternates between exciting speed and hill work interspersed with recovery periods. Meet at Fitness Desk.

**Virtual Cycle** - These classes use a variety of scenic **Virtual** DVD rides from Epic Planet.com.

**Walking and Balance** - This class focuses on proper walking technique, along with concentrating on improving balance.

You will incorporate heel-to-toe walking, stepping up and over steps or obstacles and single leg balancing with or without assistance.

**W.W.O.** - Weighted Workout - The perfect total body strength and muscle-firming workout uses 5-15lbs. hand held weights, as well as, additional resistance equipment like bands, tubing and bars (weights provided).

**Yoga** - A beginning Hatha Yoga workout to enhance muscle and body control, conditioning, relaxation, breathing and all around well-being.

**Yoga Flow** - This class will begin and end with traditional yoga poses and will incorporate fluid yoga sequences for increased muscle tone.

Participants will achieve peace of mind and spirit while receiving fitness benefits associated with this style of yoga.

**Yoga Fusion** - An exciting new style of yoga that focuses on a deeper connection between the body and the core.

This class is a mixture of Vinyasa Yoga, Yogiates, dance conditioning techniques and meditation.

**ZUMBA** - Join the hottest dance workout craze in the comforts of your 'own' club. Our certified ZUMBA instructors will have you doing the Salsa, Cha-cha and Meringue to the driving Latin rhythms of Zumba.

**ZUMBA Gold** - This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Participation can be either standing or seated.