

# LAND CLASS MENU

## EFFECTIVE 1-13-2019



9950 CALUMET AVENUE, MUNSTER, IN 46321  
 PHONE: (219) 924-5FIT  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30A-8:25A <b>Med. Yoga</b> Andy (LS)	5:30A-6:25A <b>Cycle</b> Debbie (CA)	7:30A-7:55A <b>Tai Chi Adv.</b> Andy (LS)	5:30A-6:25A <b>Cycle</b> Debbie (CA)	7:30A-8:25A <b>Med. Yoga</b> Andy (LS)	7:15A-7:50A <b>Treadmill Trek</b> Kevin (FF)
8:30A-8:55A <b>T.B.T.</b> Cindy (LS)	6:30A-7:10A <b>Barre Fit</b> Deidra (LS)	8:00A-8:25A <b>Chi Gong</b> Andy (LS)	6:30A-7:10A <b>Pilates4Core</b> Katie (LS)	8:30A-8:55A <b>B.C.Kick</b> Aziza (LS)	7:30A-8:25A <b>Med. Yoga</b> Andy (LS)
9:00A-9:55A <b>Step</b> Cindy (LS)	8:05A-8:55A <b>Yoga Fusion</b> Katie (LS)	8:30A-8:55A <b>B.C.Kick</b> Kim (LS)	8:05A-8:55A <b>Hatha Blend</b> Cindy (LS)	9:00A-9:55A <b>R.I.P.P.E.D.</b> Lilia (LS)	7:30A-8:25A <b>PiYo</b> Pam (UCL)
10:00A-10:55A <b>Pilates Plus</b> June (LS)	9:00A-9:40A <b>Zumba</b> Lilia (LS)	9:00A-9:55A <b>Step</b> Kim (LS)	9:00A-9:40A <b>Cardio Fit &amp; Sculpt</b> Cindy (LS)	9:00A-9:55A <b>Rest. Yoga</b> Andy (UCL)	8:30A-9:25A <b>Cycle</b> Bobbie (CA)
★ 11:00A-11:40A <b>Zumba Gold</b> Yde (LS)	9:00A-9:55A <b>Rest. Yoga</b> Andy (UCL)	10:00A-10:55A <b>Pilates Plus</b> June (LS)	9:45A-10:25A <b>T.B.T.</b> Deidra (LS)	10:00A-10:55A <b>Pilates</b> Katie (UCL)	8:30A-9:25A <b>Med. Yoga II</b> Andy (UCL)
11:00A-11:45A <b>F.L.E.E.</b> Rotation (UCL)	9:45A-10:25A <b>Anything Goes</b> Lilia (LS)	10:00A-10:55A <b>Bike &amp; Tone</b> Deidra (CA)	10:30A-11:10A <b>Barre Fit</b> Katie (LS)	10:00A-10:55A <b>Cycle</b> Deidra (CA)	9:30A-10:25A <b>R.I.P.P.E.D.</b> Rotation (LS)
★ 12:00P-12:40P <b>Let's Dance</b> Louise (LS)	10:00A-10:40A <b>Routine Reboot</b> Dani (UCL)	11:00A-11:55A <b>Zumba</b> Yde (LS)	10:45A-11:25A <b>F.L.Y.</b> Louise (UCL)	10:15A-10:55A <b>Zumba Gold</b> Lilia/Yde (LS)	9:30A-10:25A <b>Bike &amp; Tone</b> Kathy (CA)
5:00P-5:55P <b>P.U.M.P.</b> Aziza (LS)	10:30A-11:10A <b>Core Fit</b> Becky (LS)	5:00P-5:55P <b>Turbokick</b> Pam (LS)	11:15A-11:55A <b>Anything Goes</b> Dani (LS)	11:00A-11:55A <b>Zumba</b> Nicole (LS)	10:30A-11:25A <b>Zumba</b> Lilia (LS)
★ 6:00P-6:40P <b>PiYo</b> Pam (LS)	10:45A-11:25A <b>F.L.Y.</b> Louise (UCL)	6:00P-6:40P <b>PiYo</b> Pam (LS)	11:30A-11:55A <b>F.L.E.E.</b> Louise (UCL)		
6:00P-6:55P <b>Virtual Cycle</b> Jon (CA)	11:15A-11:55A <b>Dance Fit</b> Katie (LS)	7:00P-7:55P <b>Zumba</b> Yde (LS)	12:15P-12:55P <b>Rest. Stretch</b> Louise (LS)		
7:00P-7:55P <b>Med. Yoga</b> Andy (LS)	11:30A-11:55A <b>F.L.E.E.</b> Louise (UCL)		4:45P-5:40P <b>Body Blast</b> Deidra (LS)		
8:00P-8:55P <b>Zumba</b> Lilia (LS)	1:00P-1:55P <b>Yoga Flow</b> Cindy (LS)		7:00P-7:25P <b>Cardio Chaos</b> Kathy (LS)		
	4:45P-5:40P <b>Body Blast</b> Deidra (LS)		7:30P-8:25P <b>W.W.O.</b> Kathy (LS)		
	5:45P-6:40P <b>Cycle</b> Kathy (CA)				
	6:00P-6:55P <b>Pilates Sculpt</b> Kathleen (LS)				
	7:00P-7:25P <b>Cardio Chaos</b> Kathy (LS)				
	7:00P-7:40P <b>Yoga Fusion</b> Kathleen (UCL)				
	7:30P-8:25P <b>W.W.O.</b> Kathy (LS)				

### SUNDAY

9:00A-9:55A  
**Virtual Cycle**  
 Bobbie/Colleen/Jon (CA)

### KEY


LARGE STUDIO= LS  
 CYCLE ALCOVE= CA  
 UPPER CLRMS= UCL  
 UPPER TRACK= UT  
 FITNESS FLOOR= FF

NEW CLASS= ★  
 NEW TIME= 🕒

### CLASS REMINDERS

**QUALITY CONTROL**  
 "CHECKS" ASSURE THAT OUR CLASSES FOLLOW OSHA GUIDELINES OF <85 DB OF SOUND.

**INDOOR CYCLING**  
 SIGN UP AT THE FITNESS DESK.  
 PLEASE BRING WATER BOTTLE AND TOWEL.



**NOTE**  
 CONSULT WITH INSTRUCTOR FOR CLASS APPROPRIATE FOOTWEAR.



**FOR YOUR SAFETY, PLEASE DO NOT ENTER ANY CLASS WHILE IT IS IN SESSION.**



## Land Class Menu descriptions:

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

**Barre Fit** - This total body conditioning regime combines ballet, Pilates, strength and flexibility training using a ballet barre. Appropriate for 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 & Sculpt** - This super fun class will provide 30 minutes of low-impact intervals and will conclude 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". This mixed martial arts-inspired workout is designed to utilize 360° rotational movement to sculpt total body definition.

**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 class will combine Jazz, Ballet and Belly Dancing to not only provide overall physical activity, but also to tone and firm the muscles.

**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.

**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.

**Let's Dance** - Dance your way through the decades to fun sing along music as well as explore different dance genres and cultures.

Great for heart health, stamina, coordination and balance.

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

**Med. (Meditation) 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/spinal alignment and enhance flexibility.

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

**PiYo** - Designed to increase flexibility, strength & cardio stamina using a combo of Pilates & yoga poses sped up to music. Come ready to sweat!

**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, Endurance - This total body, high intensity, and plateau proof program utilizes free weights, resistance and body weight exercises.

**Rest. (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.

**Rest. (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.

**Routine Reboot** - This class will focus on balance, functional movements, strength exercises and stretching with each week focusing on a different workout.

**Step** - This class format varies with step routines, high intensity floor intervals or circuits using balls, bands and weights to provide a unique 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 various props.

**Treadmill Trek (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.

**Turbokick** - This class will have you working through high and moderate intervals of simple kickboxing moves and will conclude with strength training.

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

**W.W.O.** - Weighted WorkOut - The perfect total body strength and muscle-firming workout uses dumbbells, bands, tubing and bars.

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

**Yoga Fusion** - Focuses on a deeper connection between the body and the core. This class is a mixture of Vinyasa Yoga, Yogilates, 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.

## Class Cancellation Policy - Classes may be cancelled due to one of the following reasons:

1. Single class with less than two participants will be determined by Instructor.
2. Classes with less than five participants over a three month period may be cancelled until further notice.