



# Land Group Fitness

## August 15th—September 30th 2011

**ADVANCED ZUMBA**— A high energy class with intricate choreography and moves for those who have mastered Zumba dance moves. An exciting powerful hour that will leave you invigorated and challenged.

**BODY SCULPT** - A class designed to tone, strengthen and stretch all major muscle groups. Instructors teach correct form and technique and use hand weights, body bars and other resistance equipment.

**BOOT CAMP - THIS IS** an amazing and Intensely invigorating workout incorporating all aspects of timed drills, weights core and more !!!

**CARDIO PUMP** - A fast-paced variable intensity cardiovascular conditioning class ending with Abs work.

**COMBO** - Offers a combination of cardio & strength moves including step, hi/lo aerobics and body sculpting.

**CYCLING / SUNDAY CYCLE** - A variable intensity, indoor cycling class. This exciting program utilizes motivation, sports psychology & cycling techniques.

**DROP IN CYCLE**— You can drop in and start this class any time from 5.15am until 6.45am and get a 30-90 min workout to suit your schedule.

**ENERGY EMBRACING YOGA** – This amazing class, flows through guided energy & meditation, series of movements incorporating hatha asanas & meridian openings. Also introduces Tai Chi Qi as you close with guided meditation and energy awareness.

**FAMILY YOGA —PARENTS AND CHILDREN 6YRS AND UP, LEARN CHALLENGING YOGA MOVES THAT YOU CAN DO TOGETHER**

**FAMILY ZUMBA— PARENTS AND CHILDREN 3 YEARS AND UP, SUCH A FUN DANCE AND MOVEMENT TIME TOGETHER**

**50/50-** A 30 minute cycle class followed by 30 minutes of muscular strength and core work.

**GLIDE AND CORE**— COME AND TRY THIS NEW AND AMAZING NEW WAY TO EXERCISE USING THE UNIQUE GLIDES. IMAGINE USING TWO GLIDES PLACED ON YOUR HANDS OR FEET AND ACCENTUATE EACH MOVE TO THE NEXT LEVEL.

**INTERVAL-** A high and low intensity class with a combo of cardio, sculpting and conditioning moves.

**INTRODUCTION TO ZUMBA**— Learn the basic moves of these wonderful dance sequences.

**KICK BOX** - A fast paced class using Upper and Lower body kicks and punches to maximize your workout. Gloves and punch blocks are used to challenge you even further !!! You will sweat !!!

**PILATES** - A series of controlled movements that engage the mind and body developing toned, strong & flexible muscles. The emphasis is on proper breathing, leaving participants feeling refreshed.

**PIYO** - Invigorating & injury preventive, this class combines the wonders of Pilates and Yoga.

**POWER YOGA** - A fast-moving class designed to promote power, strength and flexibility.

**R.I.P.P.E.D —ADULTS, PARENTS AND CHILDREN 13YRS AND UP, THIS IS AN AMAZING CHALLENGE FOR ALL ATHLETES TO WORK OUT AT A NEW LEVEL. YOU WILL SEE YOUR ENERGY, STRENGTH AND OVERALL PERFORMANCE INCREASE.**

**RUNNING CLUB— Introduction to running, learn how take the first steps to run a 5K & feel the accomplishment**

**RUNNING CLUB—Middle Distance** - build upon your base/pace/distance 5-10K challenges.

**RUNNING CLUB—Mid to Long Distance-** Goal is to concentration on preparation for 10k and up.

**SCULPT/STRETCH –CA** - Designed for individuals just beginning or returning to exercise and preferring a moderate paced workout. Utilizes a variety of equipment.

**STEP/SCULPT** - A combination of step workout and body sculpting.

**SUPPER STEP** - A moderate to high intensity step class, including intermediate to advanced moves.

**YOGA** - A gentle flexibility training class using mind-body techniques for relaxation and rejuvenation.

**ZUMBA** - Join in this very popular and exciting dance class, Incorporating invigorating music and moves providing you with a unique fitness workout experience!!! So much fun, you do not even realize how hard you have worked...fun...fun..fun !!!

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**COACH APPROACH® is an exercise support system that is free with your facility membership. A Wellness Coach will assist you in creating and reaching short-and long-term goals. Specific Group Fitness classes, both land and water, have been identified as THE COACH APPROACH® (CA) friendly formats. These designated classes are perfect for the new or returning exerciser looking to turn their goals into reality. If you have any questions regarding THE COACH APPROACH®, call Sarah Samter at 770-663-3521 or Melita Lawson, 770-663-3548**