

SCHEDULES AT A GLANCE

Landfitness June 17- Sept 16, 2018

Day	Class	Instructor	Time	Description
Mon	Motiv8	Jenni	9:00 - 10:00 am	Get to know your strength with equipment options
Mon	Yoga	Shannon	10:15 - 11:45 am	Balance, strength and flexibility. Engage the senses.
Mon	Forever Fitt	Mary	5:15 - 6:15 pm	Cardio, balance, strength and flexibility.
Tue	ZumbaFy	Fyonna	9:00 - 10:00 am	Zumba moves for fun using chairs/ Zumba fit sticks
Tue	45 Minute Stretch	Mary	10:15 - 11:00 am	A 45 minute class of gentle standing/mat stretches
Tue	Barre Ab Fit	Alison	5:15 - 6:15 pm	Build strength in your ab and back muscles with the strengthening moves of ballet
Wed	Forever Fitt	Mary	8:30 - 9:30 am	Cardio, balance, strength and flexibility.
Wed	Yoga Bliss	Robyn	5:15 - 6:15 pm	Balance, strength, mental focus with calming meditation.
Thu	Power Yoga	Shannon	9:00 - 10:00 am	Athletic poses in a faster flow to strengthen posture.
Thu	Zumba Pound Fusion	Jenni	5:15 - 6:15 pm	Dancing for all abilities to the world music of Zumba mixed with the beat of drum stix by Pound!.
Fri	Forever Fitt	Mary	8:30 - 9:30 am	Cardio, balance, strength and flexibility.
Fri	Yoga	Shannon	9:45 - 10:45 am	Balance, strength and flexibility. Engage the senses.

All classes with cardio are considered Heart Wise friendly classes. Please see guidelines.