

# SCHEDULES AT A GLANCE

## Landfitness

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	Restorative Yoga	Shannon	12:00-1:00 pm	This yoga class is gentler and slower paced.
Mon	Forever Fitt	Mary	5:15-6:15 pm	Cardio, balance, strength and flexibility.
Mon	Yoga	Shannon	6:30 – 7:30 pm	Balance, strength and flexibility. Engage the senses.
Tue	Cycle & Stretch	Karen/ Carrie	6:15 – 7:00 am	Challenging early morning cardio cycle class with abs at the end.
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	FitMums	Meagan	10:30-11:30 am	Fitness with babies in strollers. Indoor Track.
Tue	Ab Fit	Alison	5:15-6:15 pm	Build strength in your ab and back muscles.
Tue	Barre Fitness	Sarah	6:30-7:30 pm	The grace of the ballet combined with functional core!
Wed	Forever Fitt	Mary	8:30-9:30 am	Cardio, balance, strength and flexibility.
Wed	Piloga	Lois	9:45-10:45 am	Strength and flexibility with a yoga/pilates twist.
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	Step Cycle Mix	Mary	10:15-11:00 am	45 minute beginner step with added various cardio options such as cycling.
Thu	Cycle-Max	Karen	5:15-6:15 pm	Challenging cardio class with abs at the end.
Thu	Zumba Pound Fusion	Jenni	6:30-7:30 pm	Zumba grooves missed with drumsticks and rock!
Thu	Barre Fitness <b>(Sep 20- Dec 20)</b>	Sarah	7:45-8:45 pm	The grace of the ballet combined with functional core!
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.
Sat	Cycle Fit	Rotation	8:45-9:45 am	Challenging cardio class.
Sat	75 Minute Yoga	Rotation	10:00-11:15 am	Balance, strength and flexibility. Engage the senses.

All classes with cardio are considered Heartwise friendly classes. Please see guidelines.