

LAND FITNESS CLASS DESCRIPTIONS

September 16 – March 29, 2020

Class	Description
Motiv8	Get to know your strength with equipment options.
Yoga	Balance, strength and flexibility. Engage the senses.
Restorative Yoga	A slower paced gentle yoga class.
Fit Fix PM	Cardio, balance, strength and flexibility.
Power Yoga	Athletic poses in a faster flow to strengthen posture.
Cycle & Stretch	Challenging 45 min cardio class with stretching at the end.
Zumba Mix	Zumba moves for fun using equipment including Zumba fit sticks.
45 min Stretch	A 45 min class of gentle standing/mat stretches.
Strollercize	A stroller and baby friendly cardio/lower body interval class on the track.
Ab Fit	Build strength in your ab and back muscles.
Barre Fitness	The grace of ballet combined with functional core.
Forever Fitt	Cardio, balance, strength and flexibility.
Piloga	Core strength and flexibility based on Pilates and yoga.
Cardio Blast	A combination of cardio and strength building using equipment.
Yoga Bliss	A blend of postures and breathing to inspire a healthy body and mind.
Empower Yoga	Athletic poses in gentle flow to strengthen posture.
Step Cardio Mix	A 45 min cardio class using steps and cycles.
Zumba Gold	Modified Zumba moves at a lower intensity.
Fitness for Breath	Innovative exercise program endorsed by Lung Association.
Cycle Max	Challenging cardio class with a core workout at the end.
Yoga Mix	A mix of yoga techniques and practices.

 ***Cycling classes:** call 24 hours in advance to reserve a bike.