

# LAND FITNESS CLASS DESCRIPTIONS

<b>Class</b>	<b>Description</b>
Motiv8	Get to know your strength with equipment options.
Yoga	Balance, strength and flexibility. Engage the senses.
Restorative Yoga	This yoga class is gentler and slower paced.
Forever Fitt	Cardio, balance, strength and flexibility.
Cycle & Stretch	Challenging early morning cardio cycle class with abs at the end.
ZumbaFy	Zumba moves for fun using chairs/Zumba fit sticks.
45 Minute Stretch	A 45 minute class of gentle standing/mat stretches.
FitMums	Fitness with babies in strollers. Indoor Track.
Ab Fit	Build strength in your ab and back muscles.
Barre Fitness	The grace of the ballet combined with functional core!
Piloga	Strength and flexibility with a yoga/pilates twist.
Yoga Bliss	Balance, strength, mental focus with calming meditation.
Power Yoga	Athletic poses in a faster flow to strengthen posture.
Step Cycle Mix	45 minute beginner step with added various cardio options such as cycling.
Cycle-Max	Challenging cardio class with abs at the end.
Zumba Pound Fusion	Zumba grooves mixed with drumsticks and rock!
Cycle Fit	Challenging cardio class.

All classes with cardio are considered "Heartwise" friendly classes.