

Group Exercise Classes

Last update:
1/4/12

All Classes 45 to 60 minutes in length unless otherwise noted

(Class schedule and instructors are subject to change.)

FS 1 – Fitness Studio FS 2 – Fitness Studio 2 FS 3 – Fitness Studio 3

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|--|---|
| BodyPump (FS 1) 5:15 am Dennis Becke Moderate-High Intensity | TRX (FS 1) 5:05 am Brad Williams Moderate-High Intensity | BodyPump (FS 1) 5:15 am Andy Gillip Moderate-High Intensity | TRX (FS 1) 5:05 am Brad Williams Moderate-High Intensity | BodyPump (FS 1) 5:15 am Dennis Becke Moderate-High Intensity | |
| BodyCombat (FS 1) 6:15 am Jamie Stant Moderate-High Intensity | Core Concepts (FS 1) 5:45 am Brad Williams Moderate Intensity | BodyCombat (FS 1) 6:15 am Andy Gillip Moderate-High Intensity | Core Concepts (FS 1) 5:45 am Brad Williams Moderate Intensity | BodyCombat (FS 1) 6:15 am Jamie Stant Moderate-High Intensity | |
| Tai Chi (FS 1) 7:30 am Jayne & Greg Miller Low Intensity | BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity | Tai Chi (FS 1) 7:30 am Jayne & Greg Miller Low Intensity | BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity | | BodyPump (FS 1) 7:30 am Jamie Stant Moderate-High Intensity |
| | Yoga (FS 2) 8:30 am Lynette Howe Moderate Intensity | | Yoga (FS 2) 8:30 am Lynette Howe Moderate Intensity | Upper Body Conditioning (FS 1) 9:00 am Carol Collins Moderate Intensity | BodyCombat (FS 1) 8:30 am Jamie Stant Moderate-High Intensity |
| Resist-a-ball (FS 1) 9:30 am *30min Carol Collins Moderate Intensity | BodyPump (FS 1) 8:30 am Tracy Tallent Moderate-High Intensity | Intense Abs (FS 1) 9:30 am *30min Carol Collins Moderate Intensity | BodyPump (FS 1) 8:30 am Tracy Tallent Moderate-High Intensity | Lower Body Conditioning (FS 1) 9:30 am Carol Collins Moderate Intensity | Intense Abs (FS 1) 9:45 am *30min Carol Collins/Jamie Stant Moderate Intensity |
| Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity | Boomers Plus (FS 1) 10:05 am Carol Collins Low Intensity | Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity | Boomers Plus (FS 1) 10:05 am Katie McFarland Low Intensity | Young at Heart (FS 1) 10:00 am Carol Collins Low to Moderate Intensity | *New! Step Aerobics (FS 1) 10:30 am Mark Warner Moderate-High Intensity |
| BodyPump (FS 1) 12:05 pm Andy Gillip Moderate-High Intensity | | BodyPump (FS 1) 12:05 pm Carol Collins Moderate-High Intensity | | BodyPump (FS 1) 12:05 pm Andy Gillip Moderate-High Intensity | |
| BodyCombat (FS 1) 1:00 pm Andy Gillip Moderate-High Intensity | | Zumba (FS 1) 4:30 pm Katie McFarland Moderate-High Intensity | | | |
| Yoga (FS 2) 5:30 pm Jai Ram Moderate Intensity | | BodyPump (FS 1) 5:25 pm Katie McFarland Moderate-High Intensity | BodyPump (FS 1) 5:25 pm Carol Collins Moderate-High Intensity | | |
| BodyPump (FS 1) 5:40 pm Katie McFarland Moderate-High Intensity | Zumba (FS 1) 5:15 pm Katie McFarland Moderate-High Intensity | Yoga (FS 2) 5:30 pm Jai Ram Moderate Intensity | | | |
| Zumba (FS 1) 6:40 pm Eryka Exum Moderate Intensity | *New! Zumba Toning (FS 1) 6:15 pm Tiffany Beltran Moderate Intensity | BodyCombat (FS 1) 6:30 pm Jamie Stant Moderate-High Intensity | | *New! Drums Alive Family Fitness! (FS 1) 6:00 pm | |
| Martial Arts Conditioning (FS 1) 7:30 pm Pat Hayes Moderate-High Intensity | | Martial Arts Conditioning (FS 1) 7:30 pm Pat Hayes Moderate-High Intensity | *New! Pilates with a Ball (FS 1) 7:15 -7:45 pm Keith Watts Moderate Intensity | | |

Land Class Schedule - Class Descriptions

BodyCombat - Empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BodyPump – One of the most successful circuit training programs that ever existed. Fun basic routines and workouts are utilized to strengthen and tone your whole body. Burn calories, tighten muscles, increase flexibility, strength and mental focus while enjoying great music and ever changing routines. Change the way your body feels! Must sign up for this class at the front desk.

Boomers Plus– Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. **All participants must bring water to class.**

Drums Alive - Drums Alive! is a fun, easy to follow class which combines traditional aerobic movements with the powerful beats and rhythms of the drums (using drumsticks and a stability ball). Not only is it a workout for the entire body, but also for the mind and spirit too. This workout can be enjoyed by all ages and is a great opportunity to involve the whole family in a workout routine.

Intense Abs and Core Concepts – Work on that waistline! Intense exercises designed to help flatten and trim the mid section, with bonus results in other areas!

Lower Body Conditioning – Tone up the lower body with various dumbbells. Class also includes core strengthening.

Martial Arts Conditioning – Great total body workout while learning self-defense techniques. Classes are taught by certified black belt instructors and do not involve physical contact. Drills are done using focus mitts and blocking pads.

Pilates with a Ball -Pilates strengthens the muscles that support the spine (the neck, shoulders, abs, hips and thighs) to bring balance into the body. Most body aches and pains are due to muscular imbalance. Pilates helps to realign the spine in order to decrease tension, increase flexibility, and strengthen the body from the inside out. Utilizing the ball increases the difficulty of an exercise by adding balance and/or leverage challenges. It also engages the subtle muscles of the core to keep balance.

Resist-A-Ball – This class works the “core” or trunk in almost every exercise even those that target the extremities. This class improves balance, posture, body awareness and coordination due to the dynamic nature of the resist-a-ball. You can progressively increase or decrease the intensity for each of the various exercises by making slight adjustments in your body position.

Step Aerobics - An intense aerobics class using the Step. Step aerobics burns 30 - 60 % more calories than traditional aerobics with particular emphasis on hips, thighs, abdominals, and buttocks. Step is a higher intensity variation using more complex choreography.

Tai Chi – Walk –ins are welcome! Take time to slow down, relax, and balance your mind and body. Learn this ancient meditation/movement, the softest form of martial arts. These techniques increase energy, strength, and concentration. Advanced Tai Chi is for the continuing Tai Chi enthusiasts!

TRX - The [TRX Suspension Training system](#)® uses bodyweight and manipulates gravity using the leverage of various positions to improve muscular strength, endurance, balance, flexibility and core stability. TRX was developed by the Navy Seals to train their recruits – in case you didn't know, the Seals are some of the toughest, well conditioned people you'll ever come across! Must sign up for this class at the front desk.

Upper Body Conditioning – Tone up the upper body using various dumbbells.

Yoga – Experience a great uplifting class, which will improve muscular endurance, build flexibility, relieve stress, and strengthen our immune systems – come try it. Instructors will educate you in the art of precise physical stretches, breathing techniques, and relaxation methods to help you develop fitness and a sense of well-being. Gentle yoga is great for beginners and anyone over 50.

Young at Heart (50+) – A class designed for the over 50, *but a good start for anyone who's new to exercise*. The class includes 3 sections, upper body, lower body, and cardio. Come for one section or stay for the whole class!

Zumba – Ditch the Workout and Join the Party! The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Zumba Toning -- When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast.