

Land Group Exercise Classes

| level | Class description |
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| Beginning-Advanced | <u>Abs & Arms-</u> This half hour class features the use of optional resistance equipment like weights and resistance bands to tone the abdomen and arms. It is strongly recommended you be “warmed up” just prior to joining this class |
| Beginning, Intermediate | <u>Basic Conditioning-</u> A gentle but invigorating toning & cardio-stamina workout. Uses bands, light dumbbells and can easily be adapted to those who need to sit. Appropriate for adults of all ages. |
| Intermediate-Advanced | <u>Cardio Sculpt-</u> a 45 minute class designed to keep you moving and get your heart rate up. Resistance training might be incorporated. Levels and modifications are shown but not appropriate for those with knee or back problems. |
| Beginning | <u>Kids Cardio-</u> Class for 8-11 year olds. Fun games and age appropriate exercises. |
| Beginner- Advanced | <u>Firm & Tone-</u> Head to toe toning best describes this class! Whether you use resistance bands or hand weights, this class is structured to target all the major muscle groups using a variety of ever changing exercises. |
| Intermediate, Advanced | <u>Interval-</u> This class takes strength training moves and adds cardio intensity moves to create a powerful workout that tones, strengthens and shapes the whole body. The cardio and strength moves are done in alternating “intervals”. A variety of equipment and movements are used. |
| Intro | <u>Intro classes-</u> These classes offer the first time exerciser a brief overview of what to expect in the class, terminology, equipment needed and will familiarize them with some basic moves. |
| Intermediate, Advanced | <u>Pilates-</u> This class offer strengthening, relaxation and flexibility and really focuses on the working the core muscles of the body. |
| Beginner | <u>Pilates- Level 1-</u> The same class as above, but for beginners. |
| Intermediate, Advanced | <u>Power Low-</u> Easy to follow cardio moves on the floor. One foot always stays on the floor for less impact on the joints. |
| Beginning, Intermediate | <u>Power Walk, Low Jog-</u> Alternating fast walking with slow jogs. For those who are thinking of working their way up to jogging, or those who just want to exercise outside but aren’t up to a continuous jog. |
| Intermediate, Advanced | <u>Run Club-</u> Meet at the Front Desk to stretch and receive the run destination. Runs will vary from local runs around the SportsPlex to nearby trails. Families are welcome, but children must be able to keep up with the class. Kids under 16 need to be accompanied by a parent. |
| Beginning, Intermediate | <u>Run Club, Level 1-</u> Same as above, but at a beginning level. |
| Beginner-Advanced | <u>Step-</u> Step is a fast paced, fun, bench stepping class with moves on and off the bench. Routines are easy to follow and provide great cardiovascular and toning benefits. |
| Intermediate, Advanced | <u>Step X-press-</u> A faster paced workout than step. This class is 30 minutes following the Firm & Tone. If you don’t attend the Firm & Tone segment, its strongly suggested that you warm up before coming to this class. |
| Beginner-Advanced | <u>Stretching-</u> This is a 45 minute long class devoted to stretching your overused muscles. Enjoy the gentle music and the relaxing atmosphere of this class |
| Beginner, Intermediate | <u>Teens & Tweens in Training-</u> Developed for 13-16 year olds. Meet in Spin room, but be prepared to go anywhere. Class consists of a cardio and strength workout. |
| Beginning-Advanced | <u>Yoga –</u> (Hatha Yoga) This class focuses on relaxation, strength and flexibility. This is a gentle flowing style with a concentration on relaxation. |
| Beginning-Advanced | <u>Yoga Stretch-</u> Same as above, but add an additional stretching emphasis. |
| Beginning-Advanced | <u>Zumba-</u> A fun class with a Latin flair! Easy to follow movements are set to fun, Latin music. You will experience a moderate cardio workout and moderate body toning by using your arms, hips and feet in the fun filled workout. |

Group Indoor Cycling Classes

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| Beginning-Advanced | <u>Basic Spin-</u> Great for all levels of skill and fitness, this class gives you a classic cardio workout set to great music. The instructor will cue you to change the speed and resistance of your bike while giving you mental images of hills and flat sprints to enhance your workout. |
| Intermediate-Advanced | <u>BRICK-</u> Bike, run, ICK! Need I say more? |
| Intermediate, Advanced | <u>Endurance Spin-</u> Join an Instructor for an endurance workout. Let the music (and the instructor) push you to working at your lactate threshold. |
| Beginner-Advanced | <u>Indoor Cycling-</u> The instructor will lead you through a planned workout on bikes. Music will motive you while you sprint, tackle hills or work on stroke form. Make sure you bring a water bottle. |
| Beginner-Advanced | <u>Race & Ride-</u> This class is set up to resemble the pace and workout of an outdoor ride. You might get a ride along with a taped “Tour de France” segment, an interval ride or a simulated race day ride. |
| Intermediate--Advanced | <u>Spin &....</u> This class will use the indoor cycling bikes to get your heart rate up, then use resistance training to tone you up. The class may include running. |