



New classes or changes are bold  
Classes subject to change

Closed September 4th and 5th for Labor Day

# Land Fitness

September 1-30

Event	Event Day	Event Time	Facility	Staff
Total Body Training	Monday	5:30A-6:15A	Gym 3	Sara K.
Power Hour	Monday	8:30A-9:15A	Gym 3	Craig F.
Cardio Core	Monday	9:00A-10:00A	Studio C	Cindy C.
Senior Strength Training	Monday	9:15A-10:00A	Studio R	Coni H.
<b>Drum Fit for Seniors</b>	<b>Monday</b>	<b>10:15A-11:00A</b>	<b>Studio R</b>	<b>Terrie M.</b>
<b>Muscle Mania</b>	<b>Monday</b>	<b>10:15A-11:15A</b>	<b>Studio C</b>	<b>Craig F.</b>
<b>Cardio Core +</b>	<b>Monday</b>	<b>12:15P-1:00P</b>	<b>Studio C</b>	<b>Cindy C.</b>
Shine	Monday	4:30P-5:30P	Studio R	Jessica M.
<b>Get Strong</b>	Monday	5:30P-6:15P	Studio C	Cindy C.
Combat Fitness	Monday	6:30P-7:15P	Studio C/Gym 3	Craig F.
Early Morning Boot Camp	Tuesday	5:15A-6:00A	Gym 3	Angela O.
Barre Pilates	Tuesday	8:15A-9:00A	Studio R	Cindy C.
Making the Cut	Tuesday	8:15A-9:00A	Studio C	Aimee E.
Please Be Seated	Tuesday	11:00A-11:30A	Studio C	Amy R.
Box and Burn Basics	Tuesday	5:00P-5:45P	Gym 3	Craig F.
<b>Soul Strength</b>	Tuesday	5:45P-6:30P	Studio C	Jenni J.
Total Body Training	Wednesday	5:30A-6:15A	Studio C	Sara K.
Power Hour	Wednesday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Wednesday	9:00A-9:45A	Studio R	Nicole R.
Cardio Core	Wednesday	9:00A-10:00A	Studio C	Cindy C.
Muscle Mania	Wednesday	10:15A-11:15A	Studio C	Mary Ann L.
<b>Power Lunch</b>	<b>Wednesday</b>	<b>11:30A-12:15P</b>	<b>Studio C</b>	<b>Susie W.</b>
<b>Get Strong</b>	Wednesday	5:30P-6:15P	Studio C	Cindy C.
Combat Fitness	Wednesday	6:30P-7:15P	Studio C	Craig F.
Dance Fit	Wednesday	6:45P-7:45P	Studio R	Jessica M.
Early Morning Boot Camp	Thursday	<b>5:15A-6:00A</b>	Gym 3	Craig F.
Barre Pilates	Thursday	8:15A-9:00A	Studio R	Cindy C.
H.I.I.T.	Thursday	9:15A-10:00A	Studio C	Mary Ann L.
Box and Burn Basics	Thursday	5:00P-5:45P	Gym 3	Craig F.
<b>Outdoor Boot Camp</b>	<b>Thursday</b>	<b>5:30P-6:15P</b>	<b>High Park</b>	<b>Cedric S.</b>
Mash Up	Thursday	5:45P-6:30P	Studio C	Jenni J.
<b>Outdoor Boot Camp</b>	<b>Thursday</b>	<b>6:30P-7:15P</b>	<b>High Park</b>	<b>Cedric S.</b>
High Fitness	Thursday	6:45P-7:45P	Studio C	Jessica M.
Total Body Training	Friday	5:30A-6:15A	Gym 3	Sara K.
Power Hour	Friday	8:30A-9:15A	Gym 3	Craig F.
Senior Strength Training	Friday	9:00A-9:45A	Studio R	Nicole R.
Fit Fix	Friday	9:00A-10:00A	Studio C	Cindy C.
Muscle Mania	Friday	10:15A-11:15A	Studio C	Angela O.
Combat Fitness	Saturday	8:05A-8:45A	Gym 3	Craig F.
Shine	Saturday	9:00A-10:00A	Studio C	Jessica M.
<b>Dance Fit</b>	<b>Sunday</b>	<b>3:00P-4:00P</b>	<b>Studio C</b>	<b>Liberty B.</b>

# Land Fitness

**Hot Barre Fusion-** A perfect blend of Barre and strength to bring you a well rounded workout using different muscle groups. Are you looking for that class that challenges the muscles while shaking up your metabolism? Here it is!

**Barre Fusion-** Barre fusion is an intense cardio workout formatted to be a heart pumping good time. It is designed to increase your cardiovascular strength while helping you to tone, sculpt, and lengthen your muscles.

**Barre Pilates-** Uses the ballet bar as a prop to balance while doing exercises that focus on isometric strength training combined with high reps or small range of motion movements. Barre Pilates has a Pilates style to give you a total body workout with strong core work.

**Box and Burn Basics-** combines boxing fundamentals and high intensity interval training for a total body burn.

**Cardio Core-** A total body workout with cardio and weight training. Increase your heart rate with a variety of step routines while toning your muscles using weights, body bars, bands and a core training to develop those "POWERHOUSE" abs.

**Combat Fit-** This class uses the techniques of boxing, weight lifting and calisthenics, to give you the best whole body workout. All levels are welcome.

**Dance Fit-** A combination of dance fitness, toning with weights and body weight. We rock out to current music and follow a pattern of dance fitness combined with toning throughout the entire class.

**Drumfit for Seniors-** Using drumsticks to enjoy the beat of the music and get strong at the same time while being seated. This is a new class that you don't want to miss!

**Early Morning Boot Camp-** This early morning class will get you ready for the day! This class uses interval training that combines bodyweight and strength training with aerobic elements. Participants get the calorie-burning benefits of high-intensity cardio, combined with strength training elements to sculpt muscle and build strength.

**Fit Fix-** This total body workout class will include circuits that focus on muscles, cardio, toning, and core. Techniques from strength and core training, Pilates, and lots of heart rate building, will all be incorporated for a great variety and fit to fix!

**Get Strong-** Strong in everyway is the motto in this class, you will do cardio strength training with weights and a wide variety of equipment! BE strong in this Get Strong class! This is a all level class so make this your new goal.

**High Fitness-** HIGH FITNESS took Old School Aerobics and transformed it into a modern, heart pounding, fun, and effective workout. Cardio and toning meet leg warmers with a side of air guitar. Consistency and simplicity are key to this HIGH Fitness class. All levels are welcomed!

**H.I.I.T.-**High Intensity Interval Training is the interval method that will take you to the next level in your fitness goals. Working at a higher rate of intensity with a active recovery will burn more calories and increase your metabolism.

**Making the Cut-** Strength training is the number one way to build muscle. If you want to get the cuts and lines that more muscle can offer. If you are a long time weight lifter or this is your first class, this class will guide you through your journey of strength.

**Mash Up-** Maximize your results in less time with 3 classes in one! Experience a short, effective workout with variable intensity interval training (VIIT). This program features mind/body, agility/strength and high intensity interval exercises for 3 levels..

**Muscle Mania-** A high energy class that incorporates giant sets, super sets and circuit training to train and tone muscles. An abs workout is included to help you develop a six-pack. All exercises can be adapted to any level.

**Please Be Seated-** Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Power Hour-** This workout combines moderate/high intensity cardio training and weights to help build strength and power. Combining these two elements will define muscles increase fat burn, giving you the ultimate training you've been looking for. Modifications for all levels.

**Power Lunch-** Yes, use your lunch hour to burn a few calories and get your strength training in. All weights class this will work all muscle groups with core mixed within the entire class!

**Out door Bootcamp-** Instead of sitting during soccer practice, you could be working out,! Come burn some calories, at High Park while your kids are at practice! All levels are welcomed. Meet at the soccer field. \$5 drop in for non members.

**Senior Strength Training-** Entry level weight bearing and muscle strengthening exercise class for seniors. Our instructor will help you modify the workout to meet your personal needs.

**SHINE™-** A dance fitness class rooted in traditional dance such as jazz, hip hop and ballet set to great Top 40 music. We take those functional moves and create dance routines that are easy enough for beginners yet challenging enough for the more seasoned dancer. The simplicity of the routines allows you keep moving and do less thinking.

**SOULStrength-** SOUL strength is a creative blend of resistance work, cardio conditioning, manageable mobility and core strength exercises all set to crazy FUN music. SOUL strength is the total package.

**Total Body Express-** A class that will work your entire body in just 45-minutes. We will use dumbbells, body bars, TRX, fitness center and your own body weight.

**Total Body Training-** Increase your strength and endurance while improving your cardiovascular fitness in this highly imaginative, total body workout using dumbbells, body bars, bands, and a step.

**Zumba-** Latin and international music combined in dance routines to burn calories while having a blast!



# Mind and Body

Event	Event Day	Event Time	Facility	Staff
Strong Stretch	Monday	5:15A-6:00A	Studio D	Angela O.
Hot Soul Fusion	Monday	4:15P-5:00P	Studio D	Jenni J.
Vinyasa Yoga	Monday	6:00P-7:00P	Studio D	Eva W.
Hot Yoga	Monday	7:30P-8:30P	Studio D	Kelli F.
Stretch and Strength	Tuesday	10:00A-10:45A	Studio D	Amy R.
<b>Restore and Renew</b>	<b>Tuesday</b>	<b>12:15P-12:45P</b>	<b>Studio D</b>	<b>Lauren M.</b>
<b>Stretch and Strength +</b>	<b>Tuesday</b>	<b>4:30P-5:30P</b>	<b>Studio D</b>	<b>Amy R.</b>
Yoga	Wednesday	9:00A-10:00A	Studio D	Kay H.
Hot PIYO	Wednesday	6:00P-7:00P	Studio D	Jenni J.
Hot Yoga	Wednesday	7:30P-8:30P	Studio D	Kelli F.
Stretch and Strength	Thursday	10:00A-10:45A	Studio D	Amy R.
Chair Yoga	Thursday	11:00A-11:30A	Studio R	Amy R.
<b>Hot Soul Mix</b>	<b>Thursday</b>	<b>4:15P-5:00P</b>	<b>Studio D</b>	<b>Jenni J.</b>
Yin Yoga	Thursday	6:00P-6:45P	Studio D	Tracie V.
<b>Hot Soul Fusion</b>	<b>Friday</b>	<b>5:15A-6:00A</b>	<b>Studio D</b>	<b>Jenni J.</b>
Hot Yoga	Saturday	8:30A-9:30A	Studio D	Eva W.

## Mind and Body

**Chair Yoga-** Experience strength exercises for your upper body and core while sitting in a chair. Ideal for anyone that struggles with getting off the floor or even wheel chair bound.

**Hot Yoga-** Step into our hot studio to sweat, detox and flow. The sequencing of this class incorporates core work to build heat within the body as well as outside the body. Teaching you to ground yourself in each pose, stimulating your mind and restoring your body.

**Hot SOUL Fusion-** You asked for it so here it is! Your favorite Soul Fusion in a hot studio. SOUL fusion improves strength, balance, and flexibility, and can help improve overall fitness levels. It is driven by music, movement, and motivation. Be ready to sweat in Hot SOUL Fusion, and you will leave with that detox feeling that burns calories for hours later.

**Hot SOUL Mix-** is the perfect blend of high repetition strength work, cardio bursts, yoga inspired flows, core and mobility.

**Restorative Yoga-** This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. Use props to support postures while gently stretching and strengthening your body.

**Restore and Renew-** Clear your mind with light stretching and meditation; it is a perfect way for renew you mind for the rest of the day!

**Stretch & Strength-** A stretching and toning class to work on improving flexibility, balance, coordination, and strength. It is designed to be a full body workout that will help you become a stronger you.

**Strong Stretch-** Work on the things that so many of us ignore like flexibility, mobility, core, balance, stability, and light strengthening.

**Vinyasa Yoga-** Bring peace and focus to your mind! Vinyasa is a flowing sequence of movement between Asanas. An Asana is a posture intended to elicit a specific response from the body. Combine them both and get a challenging and invigorating, fast paced flow that will strengthen and lengthen muscles and well as increase mobility in your joints.

**Yoga-** Hatha Yoga is the ancient technique of stretching with deep breathing to tone and shape joints and muscles. A total-body workout, practiced by any fitness level. longer duration of time. Yin is the perfect complement to other forms of yoga that are mostly muscular engagement. All levels.



# Water Classes

Event	Event Day	Event Time	Facility	Staff
Aqua Challenge	Monday	8:00A-9:00A	Leisure Area 5	Janice K.
Aerobic Waves	Monday	9:00A-10:00A	Leisure Area 5	Aimee E.
Aerobic Waves	Monday	10:00A-11:00A	Leisure Area 5	Janice K.
<b>H2O Boot Camp</b>	<b>Monday</b>	<b>4:15P-5:00P</b>	<b>Leisure Area 5</b>	<b>America G.</b>
HIIT the Water	Monday	5:45P-6:30P	Leisure Area 5	<b>Terrie M.</b>
<b>Aqua Zumba</b>	<b>Tuesday</b>	<b>5:15A-6:00A</b>	<b>Leisure Area 5</b>	<b>Stephanie S.</b>
Pumping Water	Tuesday	6:45A-8:15A	Leisure Area 5	Carol R.
Deeply Fit	Tuesday	8:30A-9:15A	Leisure Area 5	Marcia C.
<b>H2O Boot Camp</b>	<b>Tuesday</b>	<b>9:15A-10:00A</b>	<b>Leisure Area 5</b>	<b>America G.</b>
Tabata Waves	Tuesday	10:15A-11:00A	Leisure Area 5	Terrie M.
Tabata Waves	Tuesday	<b>5:45P-6:30P</b>	Leisure Area 5	Pattie E.
Aqua Challenge	Wednesday	8:00A-9:00A	Leisure Area 5	Marila A.
Aerobic Waves	Wednesday	9:00A-10:00A	Leisure Area 5	Aimee E.
Aerobic Waves	Wednesday	10:00A-11:00A	Leisure Area 5	Janice K.
HIIT the Water	Wednesday	5:45P-6:30P	Leisure Area 5	<b>Terrie M.</b>
Pumping Water	Thursday	6:45A-8:15A	Leisure Area 5	Carol R.
Deeply Fit	Thursday	8:30A-9:15A	Leisure Area 5	Marcia C.
<b>H2O Boot Camp</b>	<b>Thursday</b>	<b>9:15A-10:00A</b>	<b>Leisure Area 5</b>	<b>America G.</b>
Tabata Waves	Thursday	10:15A-11:00A	Leisure Area 5	Mary Ann L.
Tabata Waves	Thursday	<b>5:45P-6:30P</b>	Leisure Area 5	Pattie E.
Tabata Waves	Friday	8:15A-9:00A	Leisure Area 5	Janice K.
Aerobic Waves	Friday	9:00A-10:00A	Leisure Area 5	America G.
Tabata Waves	Friday	10:00A-10:45A	Leisure Area 5	Mary Ann L.
<b>Wet Barre and Boogie</b>	<b>Friday</b>	<b>11:00A-11:45A</b>	<b>Leisure Area 5</b>	<b>Terrie M.</b>
<b>Aqua Zumba Mix</b>	<b>Saturday</b>	<b>8:30A-9:30A</b>	<b>Leisure Area 5</b>	<b>Stephanie S.</b>

## Water Fitness

[Aerobic Waves](#)- A shallow water class with a cardiovascular workout, increased flexibility and enhanced strength without stress on your joints.

[Aqua Challenge](#)- Challenge your body with the low-impact benefits of water. Utilizing methods of Tabata and Pyramids; with aquatic equipment to burn calories, increase cardio endurance, strengthen muscles, and improve flexibility and overall balance.

[Aqua Zumba](#)- All the fun of Zumba high intensity dance movements and Latin music with the gentle support of the water.

[Aqua Zumba Mix](#)- Classic aqua aerobics with Latin flavor added. Perform large muscle movements by reaching your arms and lifting your legs in the water, as well as circling your hips and shoulders.

[Deeply Fit](#)- This low-intensity water workout focuses on muscular strength motions that work the body's major muscle groups as well as motions that work the core and balance. Participants combine cardiovascular work, deep-water running, jogging, and bicycling and cross-country skiing movements. A buoyancy belt is encouraged to create and maintain proper balance and posture.

[H2O Boot Camp](#)- Lots of variety with a boot camp style class in the water, come sweat and work hard while having fun!

[HIIT The Water](#)- Enjoy a high intensity cross-training in the shallow end! This non-impact workout will take you to the next level of fitness. The focus is cardiovascular and strength training using various equipment and movements. This class is designed for all fitness levels.

[Pumping Water](#)- A variety of equipment and tempos to increase the resistance for your upper and lower body as you move through the water. Add in the cooling and increased circulation benefits of the water workout and you will find one of the best strength training workouts available.

[Tabata Waves](#)- This intense interval workout utilizes the Tabata Fitness Protocol of 20 seconds work followed by 10 seconds rest and repeated 8 times. The water will give you that increased intensity while protecting your joints and keeping your body cooler than it would on land.

[Wet Barre and Boogie](#)- "Dance like no one is watching!!" that is what it is like dancing in the water. Move and burn calories while dancing and then add a little Barre to the movement to strengthen your entire body.



# Cycle Classes

Event	Event Day	Event Time	Facility	Staff
Cycle Burn	Monday	9:00A-9:45A	Cycle Studio	Angela O.
<b>Just Spin +</b>	<b>Monday</b>	<b>12:00P-12:45P</b>	<b>Cycle Studio</b>	<b>Paula M.</b>
Just Spin	Monday	6:00P-6:45P	Cycle Studio	Paula M.
<b>Cycle Burn +</b>	<b>Tuesday</b>	<b>12:00P-12:45P</b>	<b>Cycle Studio</b>	<b>Rick T.</b>
Cycle Burn	Wednesday	9:00A-9:45A	Cycle Studio	Mary Ann L.
<b>Cycle Burn +</b>	<b>Wednesday</b>	<b>12:00P-12:45P</b>	<b>Cycle Studio</b>	<b>Angela O.</b>
Just Spin	Wednesday	6:00P-6:45P	Cycle Studio	Angela O.
Cycle Burn	Thursday	5:15A-6:00A	Cycle Studio	Angela O.
<b>Inspirational Spin +</b>	<b>Thursday</b>	<b>12:00P-12:45P</b>	<b>Cycle Studio</b>	<b>Lisa J.</b>
Inspirational Spin	Friday	9:00A-9:45A	Cycle Studio	Mary Ann L.
Rhythm Ride	Saturday	<b>9:00A-9:45A</b>	Cycle Studio	Michelle C.

## Cycle Classes

**Cycle Burn-** Cycle Burn is the high intensity workout you are looking for! Spend your workout time with us for this strong workout. All levels are welcome but be ready to BURN!

**Cycle and Tone-** This class was designed to give you the best of both worlds: Cycling and Total Body Sculpting. The quick transitions and sculpting exercises will target each muscle group effectively and in a short amount of time.

**Inspirational Spin-** "Cycle with a purpose" is the focus of this fun and uplifting cycle class. You will enjoy a challenging ride, burn calories, and leave with an intention for the day. This is a class that you will not want to miss.

**Just Spin-** Just that! This spin class will take you through several different workouts each class. Get ready to spin!

**Cycle HIIT-** Burn calories for hours with this 1 hour high-intensity interval training (HIIT) indoor cycling workout. Bursts of intense exercise followed by periods of rest in between songs that will help prepare you for the next effort. You'll build lean muscle and burn fat in this fun and energetic class!

**Rhythm Ride-** A high intensity spin class that focuses on riding to the beat of the music with upper body movements that feel like a dance party on the bike while giving you a full body work out.

## DRC+

DRC+ combines your favorite classes with our 75" TV to provide more flexibility so that you are able to fit classes in your schedule! Join our instructors in a pre-recorded fitness class.



# Youth Fitness

Event	Event Day	Event Time	Facility	Staff
Teen Weight Lifting (12-15)	Monday	4:15P-5:00P	Fitness Center	Craig F.
Youth Combat Fitness (10-15)	Tuesday	4:00P-4:45P	Gym 3	Craig F.
Teen Weight Lifting (12-15)	Wednesday	4:15P-5:00P	Fitness Center	Craig F.
Youth Combat Fitness (10-15)	Thursday	4:00P-4:45P	Gym 3	Craig F.

## Youth Fitness

**Teen Weight Lifting-** Ages 12-15 will learn about weight lifting and the form needed to build strength and endurance. As well as fitness center etiquette and recovery time. This class will also encourage the proper eating that is needed for success with weight lifting.

**Youth Combat Fitness-** Come join this fun but challenging class for ages 10-15. You will learn the techniques of boxing, weight lifting and calisthenics, to give you the best whole body workout of your life. All levels welcome.

## Classes Removed From Previous Schedule

Event	Event Day	Event Time	Facility	Staff
<b>Dance Fit</b>	<b>Tuesday</b>	<b>6:45P-7:45P</b>	<b>Studio C</b>	<b>Liberty B.</b>
<b>Yoga Foundations</b>	<b>Tuesday</b>	<b>6:00P-6:45P</b>	<b>Studio D</b>	<b>Aimee T.</b>
<b>Stretch and Strength +</b>	<b>Thursday</b>	<b>12:15P-1:00P</b>	<b>Studio D</b>	<b>Amy R.</b>