



# LAND CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:05	♥H Body Blast		♥H All or Nothing		♥ Love Friday Stretch	Club Closed Opens at 7am	Club Closed Opens at 8am
5:15		♥ Step Party		♥ Cardio Fusion			
6:00		♥ Get Up! Cycle		♥ Get Up! Cycle			
8:00	Poise Stretch			Poise Stretch		♥ Step Party	
8:30	♥H Hit 'n Run	♥ Zumba Level 2	♥H Hit 'n Run	♥ Zumba Level 2			
9:00						♥ Zumba Level 2	
9:30		♥ Get Up! Cycle	♥ Multi-Step	♥ Get Up! Cycle	♥H Bosu & ABsessed with Glutes		
9:45							
10:00						♥H Thirty   Thirty	
10:30	H Muscle Mama		H Muscle Mama		H Muscle Mama		
11:00						Yogalates	I ♥ Yoga
11:30	Flow Yoga	♥H Golden Laces	I ♥ Yoga	♥H Golden Laces	I ♥ Yoga		
12:00							
4:30	♥ Zumba Level 1	H Muscle Mama	♥ Zumba Level 1	H Muscle Mama 4:30 - 5:15	♥ Zumba Level 2 5-6pm	Club Closes at 4pm	Club Closes at 2pm
5:00							
5:30	♥H WCC Challenge (Weights-Cardio-Core)	♥ Zumba Level 2	♥H WCC Challenge (Weights-Cardio-Core)	♥H Hit 'n Run 5:15 - 6:45			
6:00							
6:30	♥ Zumba Level 2	Pilates	♥ Zumba Level 2				
6:45							
7:30	Flow Yoga		I ♥ Yoga	Piloga 6:45 - 7:30			

♥ = Cardio  
H = Muscle  
★ = Additional Fee

Classes are 55 minutes unless indicated otherwise.

All classes are subject to change.

## LAND CLASS descriptions

**All or Nothing:** We don't forget any of the muscle groups in this fast paced full body workout. We mix it up with weights, bosu, steps and bands. **Level 1+**

**Body Blast:** Stop pushing snooze and come join us for a body blasting workout that will take your fitness to the next level. Using weights, balls, bands and whatever else we can find, we will work that body from head to toe!  
**Level 2+**

**Bosu and ABsessed with Gluts:** Get your bosu on with cardio, core and balance. Then tighten and firm with an ab and booty workout focusing on your best assets. **Level 1+**

**Cardio Fusion:** Anything, and we mean anything goes in this class!! We will fuse all types of cardio formats to max out our "sweat" potential! **Level 1+**

**Club Box:** Box and Kick out the day's frustrations in this high energy class designed to empower and inspire you!  
**Level 2+**

**Flow Yoga:** One breath flowing into the next movement.  
**Level 1+**

**Get up! Cycle:** Wake up! Burn calories and sweat without dodging traffic in a controlled climate with our indoor cycles. **Level 1+**

**Golden Laces:** Designed especially for our golden girls of The Club. Overall conditioning with weights, bands, resistance balls. Chair optional. **Level 1**

**Hit 'n Run:** A misdemeanor in most states. But at The Club we encourage a little kickboxing cardio and then a fast get away on our indoor cycles. **Level 2+**

**I ♥ Yoga:** This practice focuses on the heart. Expressing yourself from the inside out. Focusing on the fundamentals of poses emphasizing on alignment, breath and core. **Level 1+**

**Love Friday Stretch:** Start your day with core training and stretch. We begin with exercises and movements targeting your core. The last half hour of class is deep stretches holding for 3-6 minutes. Leave feeling rejuvenated and ready to take on your day, better yet...your weekend! **Level 1+**

**Multi Step:** Step aerobics class with 3+ benches. **Level 2+**

**Muscle Mamma:** Tighten up those buns, thighs, arms and abs in this easy to follow muscle building class. **Level 2+**

**Pilates:** Improve your mental health and physical well being. Increasing flexibility and core strength. **Level 2+**

**Piloga:** Just the right combination of pilates and yoga with pilalates being the main focus. **Level 2**

**Poise Stretch:** 30 minutes of beneficial floor and standing stretches to help reduce the risk of stiffness, soreness and injury while increasing flexibility. A little balance, yoga, pilates, core and strap work with bit of strength and lots of breathing. **Level 1+**

**Step Party:** Step like a Rockstar in this fun-filled, energy pumping party! Using 2, 3, 4 or more benches, we will step like the Divas we are! **Level 2**

**Thirty | Thirty:** Kickstart your cardio workout for 30 minutes then tone it up with muscle burning activity for another 30 minutes. **Level 1+**

**WCC Challenge (weights-cardio-core):** Cardio-based workout focused on conditioning using weights, high intensity training drills, calisthenics, and resistance training. **Level 2+**

**Yogalates:** incorporates the meditative and flexibility of Yoga with the muscle strengthening and toning of Pilates.

**Zumba Level 1:** Enjoy World music in this easy to follow, low impact version of Zumba. Learn Salsa, Cumbia, and Meringue. **Level 1+**

**Zumba Level 2:** Get ready to dance and sweat those calories out with a this fun, energetic workout. Learn World dance steps like meringue, salsa, cumbia, African and reggaeton. Each song choreographed and repeated so you get a chance to learn these steps with success!  
**Level 2+**

**Level 1:** Beginner to Intermediate (Advanced welcome to all classes)

**Level 2:** Intermediate to Advanced (Beginners welcome to all classes)