

Drop-In Land Fitness Schedule Effective Mar 6-Jun 30

Instructors and schedule may change without notice. **NO CLASS APR 14, 17 AND MAY 22.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45-9:45am		Circuit Class		Circuit Class			
8:55-10:10am	Mixed Impact			Total Body			
9:00-10:00am		Cardio Barre	Wed Surprise		HIIT		
10:15-11:00am	Spin Express	Spin Express		Spin Express	Spin Express		
11:05-11:50am			Spin Express				
4:30-6:30pm							Ki Aikido
6:05-7:05pm	Zumba						
6:15-7:15pm			Happy Wed Yoga				
6:30-7:30pm				Yoga			

Descriptions: All Fitness Levels Welcome

Spin Express: Start pedaling in this short 30-45min class. **Pre-register one day in advance to reserve your spot.**

Mixed Impact: A balanced mix of high and low impact moves.

Wed Surprise: Every class is different using a variety of equipment.

Total Body: A mixture of step patterns and low impact moves with strength exercises to finish.

HIIT: High Intensity Interval Training.

Circuit Class: This workout in our circuit room will keep you motivated and energized.

Zumba: Experience an absolute blast in one exhilarating hour of calorie burning, body energizing and inspiring movements.

Happy Wed Yoga: A simple blend of yoga movements to stretch out the body.

Yoga: This method of yoga involves synchronizing the breath with a progressive series of postures.

Cardio Barre: Energizing full body workout that builds long, lean muscles through isolated movements.

Ki Aikido: This is a defensive art that develops stability and confidence.

Tot Watch Available
Mon-Fri 8:30-11:15am

Weight/Circuit Room (Unsupervised)



Do you have **30 minutes** to become fit and to lose weight? If so, then we have the perfect solution for you. Our Weight/Circuit Room is designed to provide a total body workout in only 30 minutes. All you need to do is choose a time of day that is convenient for you!

Our Weight/Circuit Room includes: 10-Atlantis Weight Stations: leg press, leg curl, seated row, chest press, pec deck, shoulder press (converging), triceps, biceps curl, abductor, adductors, 3-elliptical trainers, 5-treadmills, 1-spin bike and 1-recumbent bike, 1- stair master-step mill, ab coaster and free weights.



Linda's Photo Opt

Must preregister one day in advance for all orientations. Please bring a towel, indoor workout shoes and be prepared to participate. This one-hour orientation will show you the safe and correct usage of the equipment prior to using the Weight/Circuit Room.

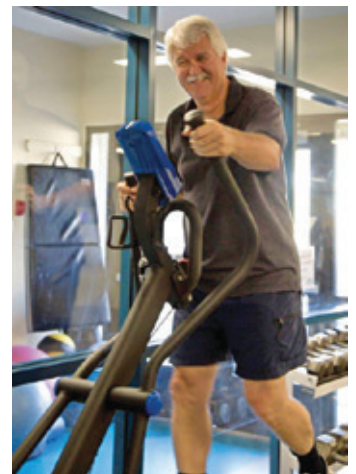
ORIENTATION TIMES:

Mondays and Fridays 12:15-1:15pm

Wednesdays 6:00-7:00pm

Scheduled Orientations: \$7/person

Private/Group Orientations: \$32/hr



Personal Training • Our team of qualified personal trainers specialize in weight training, exercise therapy and reconditioning. **Call 250-768-4442 to set up your appointment!**