

Drop-in Land Fitness Schedule Effective: Sep 18-Dec 31 Instructors and schedule may change without notice. NO CLASS OCT 9 AND NOV 13.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
8:45-9:45am		Circuit Class		Circuit Class		
8:55-10:10am	Mixed Impact			Total Body		
9:00-10:00am		New! Body Moves	Wednesday Surprise		HIIT	
10:15-11:00am	Spin Express	Spin Express			Spin Express	
11:05-11:50am			Spin Express			
11:30am-12:15pm		New!	Weights for Every "Body"			
4:30-6:30pm						Ki Aikido
6:15-7:00pm	Zumba					
6:15-7:15pm			Happy Wednesday Yoga			
6:30-7:30pm				Yoga		

DESCRIPTIONS: All Fitness Levels Welcome

Spin Express: Start pedaling in this short 30-45min class. **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 this exhilarating 45 minutes calorie burning, body energizing class.

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

Yoga: This class synchronizes your breath with a progressive series of postures.

New! Body Moves: Energizing full body workout that builds long, lean muscles.

New! Weights for Every "Body": A small group class using the weight room equipment and cardio machines.

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

Weight/Circuit Room (Unsupervised) 13+ YEARS

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, abductors, adductors. 3-elliptical trainers, 5-treadmills, 1-spin bike and 1-recumbent bike, 1-stair master-step mill, ab coaster and free weights.

ORIENTATION TIMES:

Mondays and Fridays 12:15-1:00pm

Wednesdays 6:00-6:45pm

Scheduled Orientations: \$7/person

Private/Group Orientations: \$32/hr

Must register one day in advance for all orientations Please bring a towel, indoor workout shoes and be prepared to participate. This 45 minute orientation will show you the safe and correct usage of the equipment prior to using the Weight/Circuit Room.

Personal Training:

Let our qualified personal trainers help you reach your fitness goals today. Call **250-768-4442** to set up your appointment!

One Person	2.5 Hours	\$50/Hour	\$125
	5 Hours	\$45/Hour	\$225
Two People	2.5 Hours	\$40/Hour/Person	\$200
	5 Hours	\$38/Hour/Person	\$125
Additional Hours		\$35/Hour/Person	\$380