



Drop-In Land Fitness Schedule Effective: Sep 16-Dec 31

Schedule and Instructors may change without notice. **NO CLASS OCT 12-14, NOV 9-11 & DEC 24-26, 31.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
8:45-9:45am	Circuit Class			Circuit Class	
8:55-10:10am	Mixed Impact			Total Body	
9:00-9:45am		New! Step Fun			
9:15-10:00am			New! Barre/Yoga Fusion		Friday - Body Moves
10:05-11:00am		New! Tuesday Toner			
4:30-6:30pm					Sunday - Ki Aikido
5:15-6:15pm				Yoga	
6:00-7:00pm			Happy Wed Yoga		

Call In Drop-In Land Fitness Schedule Effective: Sep 16-Dec 31

Register anytime in person or by phone. The below classes have a **12-hour** cancellation policy. We need a minimum of four people to run a class, so don't delay... Call in today! **Schedule and Instructors may change without notice.**

Time	Monday	Wednesday	Thursday	Friday
7:00-7:45am		High Fitness		
8:00-8:45am	New! Strong by Zumba			
10:15-11:00am	Spin Express		Zumba	Friday - Spin Express
11:05-11:50am		Spin Express		
6:30-7:15pm			High Fitness	
5:30-6:30pm				Friday - Zumba

DESCRIPTIONS: All Fitness/Yoga Levels Welcome

Barre/Yoga Fusion: Do not let the name fool you. This is a challenging motivating class for every body.

Body Moves: Energizing, full body workout.

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

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

High Fitness: Raise your heart rate in this upbeat cardio class.

Ki Aikido: This defensive art develops stability and confidence.

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

Spin: Start pedaling in this fun and exciting 45-minute spin class!

Step Fun: Every class is different using a variety of equipment with a step.

New! Strong By Zumba: This is a revolutionary high-intensity workout led by music to motivate you.

New! Tuesday Toner: A full body workout using assorted equipment.

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

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

Zumba: 45-minutes of calorie burning body energizing class.

Weight Room/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 provides 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. 2-elliptical trainers, 5-treadmills, 1-spin bike & 1-recumbent bike, 1- step mill, 1-Max trainer, ab coaster and free weights.

ORIENTATIONS: Must preregister 1 day in advance for all orientations. Please bring a towel, indoor workout shoes and be prepared to participate. This 45 min orientation will show you the safe and correct usage of the equipment.

ORIENTATION TIMES: Monday 12:15-1:00 PR Wednesdays 6:00-6:45pm
Scheduled Orientations: \$7 per person OR private/Group Orientation \$32

PERSONAL TRAINING: Looking for a Personal Trainer? We can get you started at your convenience. Please call 250-797-7665-POOL for more information and let our professionals get you started.