



# Drop-in Land Fitness Schedule **Effective: Mar 4-June 28**

Schedule and Instructors may change without notice. **NO CLASSES APR 19-22 AND MAY 18-20.**

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		Step Fun			
9:00-10:00am			<b>New!</b> Muscle Conditioning		<b>Friday</b> Body Moves
10:00-11:00am		High Fitness			
4:30-6:30pm					<b>Sunday</b> Ki Aikido
5:45-6:45pm				Yoga	
6:15-7:15pm			Happy Wed Yoga		
8:15-9:30pm			Ki Aikido		

## REGISTERED Drop-In Fitness Schedule **\*Must call in to reserve your spot!**

The below classes are in high demand, so please reserve your spot in person or 778-797-POOL! Facility Pass/Punchcard or pay \$6.60 to join the fun. To avoid a cancellation fee of \$6.60 to your account, call us by 8:00pm the night before.

Time	Monday	Tuesday	Wednesday	Thursday	Friday-Sunday
10:15-11:00am				Zumba	<b>Friday</b> Spin Express
10:30-11:15am	Spin Express				
11:05-11:50am			Spin Express		
6:30-7:15pm				High Fitness	
6:30-7:30pm					<b>Friday</b> Zumba
7:15-8:00pm	Zumba				

### Drop-in class descriptions: All fitness/yoga levels welcome

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

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

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

**Step Fun:** 30-minutes of cardio combinations and step moves.

**New!** **Muscle Conditioning:** A total body workout focusing on strength, conditioning and agility.

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

**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.

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

**Ki Aikido:** A defensive art class that develops stability and confidence.

**Spin Express:** Start pedaling in this fun and exciting 45-minutes spin class!

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

## Weight/Circuit Room (UNSUPERVISED)

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

**New!** 1 Max Trainer

1 Stair Master-Step Mill

Ab Coaster

Free Weights



**Must register ONE DAY in advance for all Orientations.**

Please bring a towel, indoor workout shoes and **BE PREPARED TO PARTICIPATE.**

This 45-minutes orientation will show you the safe and correct usage of the equipment prior to using the Weight/Circuit Room.

### ORIENTATION TIMES:

Mondays 12:15-1:00pm

Wednesdays 6:00-6:45pm

Scheduled Orientations: \$7/person

Private/Group Orientations: \$32/hr