

Call In Drop-In Land Fitness Schedule **Effective: Mar 2-Jun 26**



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... Register today!

NO CLASS APR 10-13 and MAY 16-18. Instructors and schedule may change without notice.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45am				Full Body Workout	
10:15-11:00am	Spin Express			Zumba	Spin Express
11:05-11:50am			Spin Express		
5:30-6:30pm					Zumba
6:15-7:15pm	30/30 Spin/ Circuit Mix				

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

DESCRIPTIONS:

Circuit Class: Challenge your body and mix up your training routine. Burn calories, increase strength and endurance.

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

Step Fun: A variety of equipment with a step.

Body Moves: Energizing, full body workout.

New! Cardio Sculpt: Using a variety of equipment such as steps, weights, and bands.

Wed Toner: Sculpt and build lean muscle. Focuses on isolation exercises with free weights and resistance, ending with abs.

Ki Aikido: This defensive art develops stability and confidence.

30/30 Spin/Circuit Mix: Class involves using a stationary spin bike for 30-minutes followed by endurance, strength and intervals circuit training.

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

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

Barre/Yoga Fusion: A challenging motivating class for everybody.

Power Yoga: A full body yoga workout.

New! Flow Yoga: A variety of movements and core sequences

Happy Wed Yoga: Easy relaxing breath work and poses.

Yoga: Alignment based class building strength and flexibility

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

1 Max Trainer

1 Stair Master-Step Mill

Ab Coaster

Free Weights

PERSONAL TRAINING:
Looking for a personal trainer? Please call for 778-797-7665 for more information and let our professionals get you started!

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 10:00-10:45am

Wednesdays 6:00-6:45pm

Scheduled Orientations: \$7/person

Private/Group Orientations: \$32/hr