

Call-In Drop-In Land Fitness Schedule Effective: Jan 4-Mar 12



You must **Call-in and Reserve** your spots starting on Fridays at 8:30am for the upcoming week. Space is limited... so don't delay, register today! If you are unable to make it to your reserved time, please call us as soon as possible so we can give the spot to another customer waiting. **NO CLASS FEB 15.** Instructors, schedule and class sizes may change without notice.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-8:15am			New! Strength & Mobility		
7:45-8:30am	Early Bird Fitness			Early Bird Fitness	
8:45-9:30am			Wed Toner		
8:45-9:45am		New! Step & Strength			Body Moves
8:55-10:10am	Mixed Impact			Cardio Sculpt	
5:30-6:15pm			Happy Wed Yoga		
5:30-7:30pm					Ki Aikido

DESCRIPTIONS:

Mixed Impact: A balanced mix of moderate & low impact moves.

New! Step & Strength: A variety of equipment with a step.

Cardio Sculpt: Using a variety of equipment such as steps, balls and bands.

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

Body Moves: Energizing, full body workout.

Ki Aikido: This defensive art develops stability and confidence.

Happy Wed Yoga: Easy yoga for everyone.

New! Strength & Mobility: Join this low impact class and improve strength and balance. Created for the Mature Adults.

Early Bird Fitness: Cardio with a mixed variety of strength activities.

Required for all programs:
Please remember these key safety rules.

Stay home if you feel sick Social Distance

Wear a mask as required Wash Hands

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

**Space is limited due to
physical distancing requirements**

Weight Room (UNSUPERVISED)



Call in and reserve one hour in our weight room.
MUST CALL IN TO RESERVE YOUR SPOTS STARTING ON FRIDAY AT 8:30AM FOR THE UPCOMING WEEK.

Space is limited... so don't delay, register today!
Equipment availability is subject to change without notice.
10 Atlantis weight stations, 2 elliptical, 2 treadmills, 1 recumbent bike, 1 max trainer, Ab coaster.

Please do not arrive early for your reserved time.
Participants must bring his/her own water bottle and are required to maintain social distancing.

The weight room will be regularly cleaned and sanitized.

M-F	6:00-7:00am	Sa-Su	9:00-10:00am
	7:30-8:30am		10:30-11:30am
	9:00-10:00am		Noon-1:00pm
	10:30-11:30am		1:30-2:30pm
	Noon-1:00pm		3:00-4:00pm
	1:30-2:30pm		
	3:00-4:00pm		
	4:30-5:30pm		
	6:00-7:00pm		

Family Day Weekend
Feb 13-15
Sa-M Noon-1:00pm
1:30-2:30pm

Our weight room equipment is split up into two rooms and all machines are appropriately spaced apart to allow for social distancing requirements.

Must reserve the day before.
for orientations.

ORIENTATION TIMES:

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 Room.

Please call the Front Desk to schedule an orientation, 778-797-POOL.