

Drop-in Land Fitness Schedule Effective: Jan 2-Mar 16

Schedule and Instructors may change without notice. **NO CLASS FEB 18. TOT WATCH M-F 8:30-11:15AM**

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

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	Spin Express			Zumba	Friday Spin Express
11:05-11:50am			Spin Express		
6:30-7:15pm				High Fitness	
6:30-7:30pm					Friday Zumba
7:15-8:00pm	Zumba				

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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.

NEW! Step Fun: 45mins of cardio combinations and step moves.

Wed Surprise: Every class is different using a variety of equipment.

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 throughout.

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

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

Spin Express: Start pedaling in this fun and exciting 45min spin class!

Zumba: 45mins 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.

3 Elliptical Trainers

5 Treadmills

1 Spin Bike

1 Recumbent Bike

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