

LAND AEROBIC SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30 SENIOR AEROBICS ROBIN	8:30-9:30 PILATES JANET	8:30-9:30 SENIOR AEROBICS ROBIN	8:30-9:30 PILATES JANET	8:30-9:30 SENIOR AEROBICS ROBIN	
9:40-10:40 TAM* BRENDA	9:40-10:40 YOGA TORI	9:40-10:40 TAM* BRENDA	9:40-10:40 YOGA LAURA	9:40-10:40 INSTRUCTOR'S CHOICE BRENDA	TAM=Tone & Muscle *TAM is named in memory of our beloved instructor Tam who passed away 12/11/2021
10:45-11:30 BALANCE & MOVEMENT LARRY			10:50-11:50 INTRO TO TAI-CHI LARRY		
4:30-5:20 YOGA LISA	4:30-5:20 BARRE TORI	4:30-5:20 YOGA LISA	4:30-5:20 BARRE TORI		
	5:15-6:00 LINE DANCING DEBIE				
5:30-6:15 CARDIO STRENGTH & CORE JANET	5:30-6:05 TORCH LYN	5:30-6:15 CARDIO STRENGTH & CORE JANET	5:30-6:05 TORCH LYN		
	6:15-7:00 CORE FLEXIBILITY MICHELLE		6:15-7:00 CORE FLEXIBILITY MICHELLE		



NEW CLASS - Starting 2/5

UPDATED 1/26/24

CORE FLEXIBILITY



This class is designed to improve core strength and flexibility through stretching.

INTRO TO TAI CHAI



This is a one-hour class to improve strength, endurance and balance for any fitness level.

CARDIO STRENGTH & CORE



Rigorous full-body class-gets your heart pumping/muscles moving. You will feel the burn in all areas of your body.

SENIOR AEROBICS



Muscle strength, range of movement, and improves daily activities. A chair is for seated exercises and a standing support.

TORCH



An hour workout rushed into 30 minutes of high intensity and high volume.

TAM (Tone And Muscle)



Uses weight lifting repetition to decrease body mass and increase energy.

BALANCE & MOVEMENT



Balance & Movement uses slow and controlled movements. Uses Tai Chi stretching and strengthening.

PILATES



Low-impact flexibility/muscular strength/endurance movements. Focus in on proper postural alignment/core strength/muscle balance.

YOGA



Get "centered" with a class designed to improve strength and flexibility in a relaxing atmosphere.

BARRE



Low-impact, dynamic workout that combines elements of ballet, strength and stretching which transforms the body from head to toe.