

LAND FITNESS DESCRIPTIONS

September 1 - December 15, 2018

BEGINNER Level: These classes are suitable for individuals who have not been active for some time featuring lower intensity with simple choreography
Arthritis Land (BB, SEN): This Arthritis Foundation program is designed specifically for people with arthritis and related conditions. Gentle activities are performed to increase joint flexibility and range of motion.
Chair Zumba: Take your love of Zumba and transfer it to a seated position to the entry level of moving to the music!
Functional Yoga: Increase strength, flexibility, stability, range of motion, circulation and promote healing with functional yoga. Learn therapeutic practices that create balance along with a mind-body connection.
Zumba Gold: Take the fun of Zumba and modify the moves and pace to suit the needs of active older adults and beginning fitness enthusiasts.
BEGINNER to INTERMEDIATE Level
B.E.S.T. of Health (BB, SEN): This class will get you into your BEST of Health. You will focus on Balance, Endurance, Strength, and Toning.
Cardio & Core: This class will take you through a series of exercises incorporating cardio movements, and will finish off with core work and stretching.
Yoga: Focuses on stretching postures that help the body become flexible and firm using meditation poses to help reduce stress and tension, as well as increase vitality, improve circulation, and tone the body.
Sit, Stand, Move, Groove: This class takes the best of low impact fitness and puts it into one class! Perform exercises in a chair, standing, and Zumba grooves.
INTERMEDIATE Level: Try these if you have been actively participating in a fitness program for at least 4 months with few or no physical limitations. Includes activities with moderate-to-high levels of aerobic activity.
Cardio Pump: This cardio and strength training class teams up aerobics with toning for a well-rounded and interesting cardiovascular and fat burning workout.
PiYo: Move at a consistent tempo between seated and standing poses while combining traditional yoga with the bonus of core training from the Pilates method.
YogaFit (BB): Designed to improve the health, performance, and mental acuity of athletes or individuals interested in increasing their fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format.
INTERMEDIATE to ADVANCED Level
Boot Camp/Bodyweight Boot Camp: This intense fitness challenge will feature traditional military style conditioning, plyometric training, boxing and kickboxing, strength training and much more.
HIIT: High intensity interval training technique alternates intense bursts of energy for a short interval, followed by an active recovery period. This class will torch calories and keep the burn going throughout the day.
Kickboxing: Dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity, learn conditioning drills that improve your strength, agility and quickness
Cycle: Build endurance, strengthen your core and tone your muscles with cycling. Ride your way through rolling hills, steep climbs, false flats, sprints, and much more!
Interval Step & Sculpt: Add sculpting to your step routine for a more intense fitness program. Step heights will be adjusted periodically to get your heart pumping during aerobic portions of the class. Between intervals, build strength using your own body weight and a variety of equipment.
Pilates Fusion: Includes primarily mat exercises which focus on developing core strength, stability and flexibility. Create a strong lean body whether you are just starting out or reaching advanced levels of exercise.
Power Yoga: Poses are linked together in a flowing sequence designed to challenge the body. This class is great for those individuals looking for a new way to achieve a strong, lean, and toned body.
ALL- LEVELS: These classes offer many options to make the workout your own! Instructors provide a series of modifications to suit a variety of levels.
Kettlebell AMPD: Heart pumping music and your favorite kettlebell moves, combines them into calorie torching fun. Designed to provide you with an intense full-body workout, utilizing kettlebells of various weights.
Drumming Fit: Get a total body workout while fueling your inner rockstar! Move to the beat and drum off calories.
Gentle Flow Yoga: This class is designed for beginners through intermediate students. You will be guided through postures in a Vinyasa style, beginning with the basic poses, but allowing for more challenging poses based on your practice level
Plyo Sculpt (BB): This class offers intervals of higher intensity, higher power cardio drills combined with traditional and functional strength training. Modifications will be given for all fitness levels.
Total Body Fit: Enjoy a complete workout from your legs to your heart! Train your heart with high energy cardio exercises, followed by muscle fueling weight training! Get a total body workout with just one class!
Circuit Training: Strength training and cardio come together in a time efficient workout. Move through timed stations to keep your body moving while improving your tone and strengthening all major muscle groups.
Strength & Core: This class will take you through a series of exercises incorporating strength movements, and will finish off with core work and stretching.
Zumba (BB): High-energy class that uses a fusion of Latin and International music to create a dynamic, exciting, effective fitness program.