

# Land Group Fitness Schedule

February 22, 2010 to June 12 , 2010

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
05:30-06:30AM		Boot Camp **	Boot Camp **	Boot Camp **	Boot Camp**	Boot Camp **	
05:30-06:30AM		Boxing Challenge * 6am-730am( Fee Required )		Cycling Madness *		Boxing Challenge * 6am-730am( Fee Required )	
07:00-08:00AM					Pilates**		Boot Camp**
08:15-09:00AM	Tone It Up** Fee Required	Hatha Yoga ** (815am-915am)		Hatha Yoga ** (815am-915am)			Stretch and Sculpt **
09:00-10:00AM							Cardio Circuit w/ Toddler*
09:00-9:50AM		Stretch and Sculpt **	Low Impact **	Stretch and Sculpt **	Low Impact **	Stretch and Sculpt**	Zumba ( Fee Required )**
10:00-11:00AM						Hatha Yoga *	Karate 10-11am ( Fee Required )**
10:15-11:00AM		SilverSneaker® I**	SilverSneakers® II **	SilverSneakers® I **	SilverSneakers® II **	SilverSneakers® I **	Ab Attack ( Fee Required ) 10:30am*
11:00-11:45AM		Yoga Stretch® *				Yoga Stretch ® **	
12:00-1:00PM				Cardio Circuit w/ Toddler**			Pilates **
06:00-7:00PM		Cardio Kick **	Cardio Boxing * (Fee Required)	Boxing Challenge * ( Fee Required )			
06:00-07:00PM				Cardio Kick **	Continuing Yoga 6:30-7:45pm***		
07:00-08:00PM		Stretch and Sculpt **	Stretch and Sculpt **	Cycling Madness* Stretch and Sculpt ***	Stretch and Sculpt **		
07:00-08:00PM			Cycling Madness*		Teen Boxing * ( Fee Required )		
08:00-09:00PM					Beginning Yoga***		

**Class in the Multipurpose Room \***

**Class in the Gymnasium \*\***

**Class in the Day Care Room \*\*\***

**Check Boot Camp Schedule for Class Days**

**All youth under 16 should have a parent signature prior to working out.**

**Youth under 12 should not be permitted in an adult group exercise class.**

