

Land Group Fitness Schedule

January 03, 2010 to February 20, 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-7am(Fee Required)		Cycling Madness *		Boxing Challenge * 6am-7am(Fee Required)	
07:00-08:00AM					Pilates**		Boot Camp**
08:15-09:00AM	Weight Training** Fee Required	Hatha Yoga ** (815am-915am)		Hatha Yoga ** (815am-915am)			Stretch and Sculpt **
09:00-9:50AM		Stretch and Sculpt **	Low Impact **	Stretch and Sculpt **	Low Impact **	Stretch and Sculpt**	Zumba (Fee Required)**
10:00-11:00AM	Hip Hop Dance **Fee Required)					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							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		Power Step **	Cycling Madness*	Power Step **	Teen Boxing * (Fee Required)		
08:00-09:00PM			Ab Attack * (Fee Required)		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.

