2020 Land Exercise Class Descriptions
SEE ONLINE SCHEDULE FOR TIMES/INSTRUCTOR

**HITT**  High Intensity Interval Training is a full body workout, with short bursts of high intensity work with short rest breaks. This class consists of cardio/strength based moves to make sure you are getting a well rounded workout.

**Completely Core**  Will work your entire core plus a little more. We will strengthen abdominals, back, hips, glutes, and shoulders. This class is all about functional fitness that will improve posture, stability, and movements in your everyday life.

**Morning Yoga**  Yoga class suitable for entry level to advanced.

**Body Sculpt**  Combination of strength training and cardio. Instructor welcomes all ability levels. Be ready to sweat.

**Muscle Pump**  The original barbell class that strengthens your entire body! Challenge your major muscles and get the results you came for.

**Silver Sneakers Classic**  Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

**Spin Mornings**  Join the fun (no choreography here, just an awesome cardio workout!) as we ride on indoor bikes to great music. The workout changes every week as we focus on climbing hills, sprinting, intervals, and working 'out of the saddle'. This class ends with about 10 minutes of abdominal training. All levels are welcome!

**Strength/Core/Yoga**  Great class for any fitness level! We'll begin the class with 10 minute active and dynamic warm up, followed by 30 minute circuit workout that will include cardio, strength and core training. Experience the success of muscle confusion utilizing different pieces of equipment, dumbbells, barbells, bands, balls, kettle bells, body weight and more. Finally enjoy 20 minutes of simple to follow Yoga poses combined with modern day stretches.

**Zumba**  This program fuses hypnotic Latin rhythms and easy-to-follow moves to create one-of-a-kind fitness program that will blow you away. Our goal is simple; we want you to want to work out, to love working out, & to get hooked!

**Tai Chi**  Reduce stress through “meditation in motion”. TaiChi evolved into a graceful form of exercise. It promotes serenity through gentle movements connecting the mind and body. Saturday TaiChi moves outdoors for the summer months to Wilderness Park.