

# LAND FITNESS CLASSES

Group exercise classes are a great way to stay motivated! Enthusiastic instructors are there to lead you in a variety of different exercises to help you achieve and maintain your goals. Classes are a great place to make new friends too! Most classes are included in your membership and are 55 minutes, unless indicated otherwise. Classes must have at least 2 participants within 10 minutes of the class start time, or the class will be canceled for that day. Children under age 12 are not allowed in the aerobics studio except during classes specifically designed for the participation of children. Youth ages 12-14 are allowed & encouraged to take group exercise classes if fully participating in the class.

## ACTIVE OLDER ADULTS

Great for beginners and seniors. This class is designed for those interested in a total body workout at a comfortable pace.

## ARTHRITIS EXERCISE

These classes are taught with activities and exercises to encourage self-care, provide social interaction, improve muscular strength, endurance and flexibility, maintain independence, manage pain and relieve symptoms of arthritis. Instructors are certified through the Arthritis Foundation.

## BIKE 2 THE BEAT

A 45 minute indoor cycling workout where riders ride to the beat of the music. Each class is specifically choreographed to lead riders through hills, flats, mountain peaks and true interval training. Make sure to sign up at the member information center. You may sign up 30 minutes prior to the start of class.

## BODY SCULPTING

Get the most out of each rep! Resistance strengthening exercises to help redefine your muscles using weights, balls, body bar, bands and more. See the results! Great for all fitness levels.

## BOOT CAMP

Boot camp class mixes traditional calisthenic and body weight exercise with interval and strength training. This class uses a variety of high intensity formats including Tabatas, H.I.I.T., drills and more to motivate participants to attain a higher fitness level. Class is appropriate for basic to advanced levels.

## CARDIO MIX

Fitness variety using hi/low aerobics, step, cardio kick boxing and interval formats. Strength training with weights and exercise tubing may also be incorporated.

## COMPLETE CORE

A combination of Pilates and Abs, this class will utilize exercises and breathing techniques to achieve the ultimate mind-body connection. Stability strength training for your abs and back, using a variety of safe and effective exercises using the Pilates principles for strength training and flexibility. Bands or stability balls may be used in this class and mats are provided.

## CYCLE

Cycle classes are designed to add a great cardiovascular challenge to your weekly workout. Indoor cycling naturally challenges the body's core because of the demand for different positions. This class is great for people of all fitness levels, however the Monday/Wednesday 5:30 pm and Saturday 9:15 am classes are advanced level classes. Youth ages 12 to 14 are allowed to participate in cycling classes fully participating in the class. If you are interested in taking the Cycle class, please register in person at the member information center or by phone at 405-364-9622. You may register for the Cycle class 1 1/2 hours before the class starts.

## CYCLE PLUS

A high intensity, longer version of a traditional cycling class that will truly challenge your cardiovascular system and help to build endurance. The class will enjoy longer rides and/or core and interval work on or off the bike. Recommended for intermediate to advanced levels. Make sure to sign up at the member information center. If you are interested in taking Cycle Plus, please register in person at the member information center or by phone at 405-364-9622. You may register for Cycle Plus 1 1/2 hours before the class starts.

## MOMMY & ME

This class is designed for the developmental needs of children ages two - five and their parent. Children and their parents will play together and participate in a variety of activities. Younger children are welcome and encouraged to come to class, but they might need extra help from their parent. All activities require parent supervision and participation.

## LAND FITNESS CLASSES (CONT.)

### PILATES

Exercises and breathing techniques will be used to achieve the ultimate mind-body connection. Stability and core training using the Pilates principles for strength training and flexibility. Bands or stability balls may be used in this class and mats are provided. Good for all fitness levels.

### PILATES FLOW

This class can incorporate traditional Pilates moves with those from the latest fusion classes (like Pi-Yo) to give you challenge a different Pilates experience. Participant requests are always welcome!

### PI-YO™

A strength workout that is the perfect blend of many disciplines: sports training, core conditioning, dance, stretch and athletic drills that will help kick up the calorie burn and build muscle! The dynamic blend of movement increases strength, core stability and agility. This workout provides an incredible experience.

### SATURDAY SPECIAL

Use Saturday morning to get stronger at this special strength training class designed to get results. Great for all fitness levels.

### SETS & REPS

A total body strength conditioning class that uses a variable weight plate-loaded barbell system. This class will work your entire body, improving muscular strength and endurance. All fitness levels are welcome.

### TAI CHI/QI GONG

Qi gong is a formulated set of movements coordinated with the breath, which induces and guides the vital energy Qi through and around the body.

### TOTAL CONDITIONING 321

Total Conditioning 321 is intense circuit training. Each six minute circuit includes three minutes of compound moving strength exercises, followed by two minutes of electrifying anaerobic conditioning drills and another minute of core conditioning for maximum challenge and energy expenditure.

### TREKKING

Trekking is group exercise on the treadmills. This class welcomes both walkers and runners and allows you to achieve your personal best with a coach at your side. Trekking classes are for members age 15 and older. If you are interested in taking a Trekking, Trotting or TRX class, please sign up in the 3 ring binder on the fitness center desk. You can register for these classes one week in advance of the day you would like to participate

### TROTting

A treadmill based class designed for walkers and those that are new to trekking classes. Classes are held on the first row of treadmills. If you are interested in taking a Trekking, Trotting or TRX class, please sign up in the 3 ring binder on the fitness center desk. You can register for these classes one week in advance of the day you would like to participate.

### TRX

TRX is a suspension training class in which body weight exercises are used in a variety of multi-planar, compound exercise movements. Come develop strength, balance, flexibility, and joint stability during our TRX classes. If you are interested in taking a Trekking, Trotting or TRX class, please sign up in the 3 ring binder on the fitness center desk. You can register for these classes one week in advance of the day you would like to participate.

### TURBOKICK™

A combination of intense kick boxing and dance moves perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool down.

### YOGA

Classic yoga utilizing poses that work to release tension and stress, promote flexibility and strength, and restore health and peace of mind.

### YOGA INFUSED PILATES

Yoga and Pilates are the perfect marriage. Both are transformational, focused methods of movement that facilitate positive change in the body, mind and spirit. Pilates is known as a "workout," and yoga as a "practice." In order to improve at anything, however, we must practice. When we practice well, both Pilates and yoga are exceptional workouts.

### YOGA - FITNESS

Experience yoga through a fitness approach. Focus on balance, strength, power and grace all while minimizing stress.

### YOGA - LITE

An express 30 minute fitness yoga class. Experience an active warm up with breathing exercises, followed by balance work and restoration. Great for those that are just starting out or for anyone short on time but wants a great yoga workout.

### ZUMBA®

No dance experience is needed for this Latin dance based fitness class! It's fun and easy! Wear comfortable and supportive athletic shoes and get ready to sweat!

### ZUMBA® GOLD

Second to none. An innovative, fun and exciting program designed for the active, older adult, the true beginner, people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a lower intensity than a standard Zumba class, and is not as fast, but certainly as fun, using the same great Latin and international music styles.