## Land Class Schedule – July 2019

Land classes help improve balance, strength and cardiovascular fitness. Classes are adaptable to all fitness levels.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoga 7:00-8:00AM (Susan)</td>
<td>Body Balance &amp; Sculpt 7:00-8:00AM (Susan)</td>
<td>Yoga 7:00-8:00AM (Susan)</td>
<td>Lift 7:00-8:00AM (Susan)</td>
<td>Yoga 7:30-8:30AM (Natasha)</td>
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<tr>
<td><strong>Yoga</strong></td>
<td><strong>Body Balance &amp; Sculpt</strong></td>
<td><strong>Yoga</strong></td>
<td><strong>Lift</strong></td>
<td><strong>Yoga</strong></td>
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<tr>
<td><strong>Balance, Tone &amp; Stretch</strong> 9:30-10:30AM (Susan)</td>
<td><strong>Upper/Lower Body Strength Training 10:30–11:45AM (Angie)</strong></td>
<td><strong>Balance, Tone &amp; Stretch</strong> 10:30-11:30AM (Susan)</td>
<td><strong>Basic Step</strong> 10-10:30AM (Susan)</td>
<td><strong>Basic Step</strong> 10-10:30AM (Susan)</td>
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<tr>
<td>Upper/Lower Body Strength 10:30-11:45AM (Angie)</td>
<td>Gentle Yoga 11:30 AM -12:45PM (Natasha)</td>
<td>Basic Step 10-10:30AM (Susan)</td>
<td>Basic Step 10-10:30AM (Susan)</td>
<td>Basic Step 10-10:30AM (Susan)</td>
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<tr>
<td>Tai Chi/Qi Gong 2-3:15PM (Cindy)</td>
<td>Tai Chi/Qi Gong 1:00-2:00PM (Cindy)</td>
<td><strong>Basic Step</strong> 10-10:30AM (Susan)</td>
<td><strong>Basic Step</strong> 10-10:30AM (Susan)</td>
<td><strong>Basic Step</strong> 10-10:30AM (Susan)</td>
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<tr>
<td>Basic Zumba® 4:00-4:45PM (Abby)</td>
<td><strong>Step</strong> 4:45-5:45PM (Alberto)</td>
<td><strong>Pilates</strong> 4:30-5:30 PM (Lisa)</td>
<td><strong>Yoga</strong> 5:00-5:50PM (Susan)</td>
<td><strong>Yoga</strong> 4:00-5:00PM (Susan)</td>
</tr>
</tbody>
</table>

## Land Class Descriptions

**Balance, Tone & Stretch**
This class is ideal for beginning exercisers, those with arthritis or movement challenges, as well as those returning to exercise after an absence. It focuses on “functional fitness” to improve the quality of everyday life by increasing muscle tone, strengthening heart and lungs, and improving balance and flexibility. All exercises can be performed either seated or standing.

**Basic Strength/Stability**
This class focuses on cardiovascular training in a circuit format, functional fitness with the last 15 minutes devoted to strength work.

**Basic Zumba®**
This dance-based, low-impact class is for all fitness levels and designed to increase cardiovascular fitness, balance and agility. No dance experience is necessary to participate. Movements are repetitive and easy to follow.

**Body Balance and Sculpt**
This class incorporates both standing and floor exercises to improve muscular strength and endurance, especially in the abdomen and low back. Please tell the instructor prior to class if you have back pain so movements can be modified.

**Step and Basic Step**
This intermediate level step aerobic class offers basic choreography and dance patterns to provide a cardiovascular workout.

**Tai Chi/Qigong**
Tai Chi, a traditional Chinese qigong and an internal martial arts form, has been widely practiced for health prevention and wellness restoration. Its meditative flowing movements enhance relaxation, stress reduction, strength building, balance, pain relief, and energy. This class is appropriate for those with movement disorders, arthritis, central sensitivity syndrome, and back pain.

**Upper/Lower Body Strength**
This class is designed for those who want to improve lower and upper body strength and gain cardiovascular fitness. Attention is paid to alignment and balance of opposing muscle groups to promote spine health and prevent posture imbalances. Movements can be performed in sitting or standing.

**Yoga and Gentle Yoga**
This beginner-level yoga class focuses on building strength, flexibility, stamina, and balance. Students learn healthy body alignment through yoga poses which are taught so that new or returning students can participate. Students learn breath awareness and the therapeutic benefits of synching movement with breath.