Land Schedule: 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>
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</thead>
<tbody>
<tr>
<td>Yoga 7:00-8:00 AM (Susan)</td>
<td>Body Balance/Sculpt 7:00-8:00 AM (Susan)</td>
<td>Yoga 7:00-8:00 AM (Susan)</td>
<td>Yoga 7:30-8:30 AM (Natasha)</td>
<td>NEW TIME!!</td>
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<tr>
<td>Balance, Tone &amp; Stretch 9:30-10:30 AM (Susan)</td>
<td>Upper/Lower Body Strength Training 10:30-11:45 AM (Angie)</td>
<td>Basic Step 10:10:30 AM (Karen)</td>
<td>Basic Group Cycle/Core 10:11:15 AM (Karen)</td>
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<tr>
<td>Upper/Lower Body Strength 10:30-11:45 AM (Angie)</td>
<td>Gentle Yoga 11:30 AM -12:45 PM (Natasha)</td>
<td>Intro. To Cycle 11:45-12:30 PM (Carlene)</td>
<td>NEW TIME!!</td>
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<tr>
<td>Basic Strength/Stability 12:15-1:15 PM (Susan)</td>
<td>Qigong 11:45 AM -12:45 PM (Cindy)</td>
<td>Step/Strength 1:00-2:00 PM (Karen)</td>
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<tr>
<td>Tai Chi/Qigong 2:00-3:15 PM (Cindy)</td>
<td>Basic Zumba* 4:00-4:45 PM (Abby)</td>
<td>Pilates 4:30-5:30 PM (Lisa)</td>
<td>Yoga 4:00-4:50 PM (Susan)</td>
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<td>Step 4:45-5:45 PM (Alberto)</td>
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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 first 30 minutes of this class is designed to build strength and muscle endurance using resist-a-balls, weights, tubing and balance trainers. The second 30 minutes focuses on Body Rolling, which is a simple way to release knots or ‘trigger points’ in muscles using a ball or foam roller. Applying pressure to specific points helps reduce muscle soreness, increase circulation and speed the return of muscles to normal function. Students work on yoga mats on the floor, using a variety of rolling equipment.

Basic Step
- This intermediate level step aerobics class offers basic choreography and dance patterns to provide a cardiovascular workout. Intro. to Step/Strength is for those new to step. Learn the basics of step aerobics in an easy-to-follow format to improve balance, cardiovascular fitness, muscle strength and endurance.

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 & Sculpt
- This Pilates/ballet-inspired is designed to strengthen and strengthen the whole body and create a sense of integrated balance by improving posture, correcting muscle imbalances acquired from too much sitting. This fun, mindful movement class is appropriate for all fitness levels.

Core and More
- This 30-minute class is designed to improve strength in the abdominal and lower back region using standing and seated exercises. Other strength training may be incorporated. All fitness levels may participate.

FUNctional Fitness
- This class is designed to improve ability to do movements involved in daily living. Class will include short bursts of low intensity walking and/or biking followed by strength training and stretching.

Group Cycle
- Participants are led on a stationary bike ride by an instructor, who varies tempo and resistance to help improve cardiovascular fitness and muscle endurance. Participants choose the level of difficulty that best suits them. This class may benefit those with Parkinson’s Disease, MS and those recovering from cancer.

Lower Body Strength
- This class is designed for those who want to improve lower body strength and also 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 seated or standing.

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

Upper Body Strength
- Ideal for individuals who would like to gain strength and achieve cardio benefit from a seated position. Attention is paid to alignment and balance of opposing muscle groups which promotes spine health and prevents posture imbalances.

Mind/Body Classes

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. The tai chi/qigong class teaches the principles of weight shifting, mindful movements, breathing, posture dynamics, walking/stepping, core movement, and selected Yang style tai chi movements. This class is appropriate for those with movement disorders, arthritis, central sensitivity syndrome, and back pain.

Yoga
- This beginner-level yoga class focuses on building strength, flexibility, stamina, and balance. Students learn healthy body alignment through classical yoga postures, and how to implement them in a home practice. Students learn breath awareness and the therapeutic benefits of synching movement with breath. Appropriate for first time students. Instructors are able to show modifications for each pose and for general health concerns.