

Vanderbilt Dayani Center Group Fitness LAND Class Schedule
MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
YOGA 7:00 -8:00 (Susan)	Body Balance and Sculpt 7:00-8:00 (Susan)	YOGA 7:00 -8:00 (Susan)	Lift 7:00-8:00 (Susan)	
	Balance, Tone & Stretch 9:30-10:30 (Susan)		Sit, Stretch, Breathe 9:15-10:15 (Abby B)	
UPPER/LOWER Body Strength 10:30-11:45 (Angie)		UPPER/LOWER Body Strength 10:30-11:45 (Angie)	Balance, Tone & Stretch 10:30 - 11:30 (Susan) (Susan)	Yoga 10:30-11:45 (Natasha)
	Gentle Yoga 11:30-12:45 (Natasha)		Tai Chi / Qi Gong 1:00- 2:00 (Cindy)	
Tai Chi / Qi Gong 2:00- 3:15 (Cindy)				
Basic Zumba© 4:00- 4:45 (Abby A)	Pilates 4:30-5:30 (Lisa)	Yoga 5:00-5:50 (Abby B)		Yoga 4:00-4:50 (Susan)
Step 4:45-5:45 (Alberto)				

Class Descriptions - Classes are adaptable to all fitness levels

Basic Strength and 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 designed to increase cardiovascular fitness, balance, and agility. No dance experience is necessary to participate.
Body Balance & Sculpt	aka Ballet core. Combines ballet barre movements with floor work to strengthen core muscles. Class ends with guided self releases with foam rollers.
Balance Tone and Stretch	Combines movement with stretches and toning exercises.
Lift	Aerobic exercise combined with strengthening for overall fitness.
Pilates	Class incorporates standing and floor exercises to improve muscular strength and endurance especially in the abdomen and low back. If you have low back pain please tell the instructor prior to class so she can modify movements.
Sit, Stretch, Breath	This beginner level gentle yoga class is performed seated in a chair, giving the student full body support to perform stretching and breathing exercises to increase flexibility and release tension.
Step	This aerobic class offers basic choreography and dance patterns to provide a cardiovascular workout.
Tai Chi / Qigong	A traditional Chinese qigong and an internal martial arts form widely practiced for health and wellness. Its meditative flowing.
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. Movements can be performed standing or sitting.
Yoga and Gentle Yoga	This class focuses on building strength, flexibility, stamina and balance. Breath awareness and the therapeutic benefit of syncing movement with breath is addressed.

Land Classes help improve Balance, Strength, and Cardiovascular Fitness