

*classes with extra fee

Landshark Group Exercise Schedule

February 2019

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
5:15 am Circuit Burn Kathleen 45 m		5:00 am Cycle Jana 25 m	5:00 am Sharkfit* Chrissy 60 m	5:15 am "KICK" Start The Day Kathleen 45 m		5:00 am Cycle Jana 25 m	5:00 am Sharkfit* Chrissy 60 m	5:15 am Circuit Burn Kathleen 45 m		
		5:35 am Muscles Mashup Jana 25 m				5:35 am Muscles Mashup Jana 25 m				
8:15 am Schwinn® Cycle Sabrina 45 m		8:15 am Muscles in Motion Mari 45 m		8:15 am Schwinn® Cycle Sabrina 45 m		8:15 am Muscles in Motion Mari 45 m		8:00 am Schwinn® Express Sabrina 30 m	8:45 am POP Pilates® Express Sabrina 30 m PT studio	8:15 Express Cycle Gabriella 30 m
9:15 am POP Pilates® Express Sabrina 30 m	9:30 am Intensity* Meagan 60 m	9:00 am Chiseled* Kathleen 60 m	9:00 am Schwinn® Cycle Sabrina 50 m	9:00 am Minute Madness* Kathleen 50 m	9:15 am POP Pilates® Express Sabrina 30 m PT studio	9:00 am Chiseled* Kathleen 60 m	9:00 am Schwinn® Cycle Sabrina 50 m	9:30 am Intensity* Meagan 60 m	9:30 am Zumba® Juli 45 m	9:00 am Intensity* Meagan 60 m \$5 drop in fee
10:05 am Strength 101 Kathleen 45 m		10:05 am POP Pilates® Yvonne 45 m PT studio	10:15 am Vinyasa Yoga Kimberly 90 m	10:05 am TABATA® Kathleen 45 m		10:05 am POP Pilates® Yvonne 45 m PT studio	10:15 am Vinyasa Yoga Kimberly 90 m	10:30 am Strength 101 Kathleen 45 min		10:05 am POP Pilates® Yvonne 45 m
11:00 am Rejuvenate Yoga Yvonne 45 m	11:00 am Power Cycle Gabriella 45 m	11:00 am Zumba®Gold Yvonne 45 m PT studio		11:00 am Rejuvenate Yoga Yvonne 45 m		11:00 am Zumba®Gold Yvonne 45 m PT studio		11:30 am Power Cycle Gabriella 45 min		11:00 am Zumba® Yvonne 45 m
12:00 pm Zumba® Juli 45 m				12:00 pm Zumba® Juli 45 m		12:00 pm Muscles in Motion Mari 45 m				Sunday
5:00pm POP Pilates® Yvonne 45 m		5:00 pm Intensity* Meagan 60 m				5:00 pm Intensity* Meagan 60 m				8:00 am Sharkfit* Chrissy 60 m
5:30 pm Shark Fit* Elizabeth 60 m		5:15 pm Total Toning Kathleen 45 m		5:30 pm Shark Fit* Robi 60 m		5:15 pm Power Circuit Mari 45 m	5:30 pm Shark Fit* Elizabeth 60 m			Schedule subject to change
6:00 pm Endurance Cycle Dora 50 m	6:00 pm Chiseled* Kathleen 60m	6:15 pm Zumba® Toning Scarlett 45 m	6:15 pm Intensity* Meagan 60m	6:00 pm Endurance Cycle Dora 50 m	6:00 pm Chiseled* Kathleen 60m	6:15 pm Zumba® Toning Scarlett 45 m	6:15 pm Intensity* Meagan 60m	6:00 pm Yoga for Athletes Kimberly 45 m		
7:00 pm Power Yoga Kimberly 45 m		7:15 pm Cardio Boxing Kellsie 45 m		7:00 pm Power Yoga Kimberly 45 m		7:15 pm Cardio Boxing Kellsie 45 m		7:00 pm Yoga and Wine Kimberly 60 m		

***Group Training Classes**
(requires extra fee, small class sizes)

Shark Fit*: Feel like a ninja warrior in this fierce outdoor bootcamp. Functional fitness meets sweat, fun, friends and lots of variety. Jump rope, burpees, plank walks, and tire runs are just some of the action we have in store! Flip some tires, release the beast, and blast through your physical boundaries!

Chiseled*: Strength focused programming aimed towards isolating muscle groups and building strength and muscular endurance. Be ready to make your muscles burn and drip sweat with this low cardio format. You will tone, tighten, and sculpt your body!

Intensity*: A high powered 60 minutes! All fitness levels can take their fitness to the next level. Experience running, rowing, resistance training, and bodyweight movements, all in one high intensity class. Maximum effort is all you need for results: just show up! Come join the fun and burn calories long after the workout is over!

Minute Madness*: This class packs a punch 60 sec at a time! Every minute on the minute you will be pushed to the max! Body weight movements mixed with weights and other calorie burning equipment will bring you a high impact heart pumping action packed class. Lots of variety will keep your body guessing and each class different but results will be a constant!

Mind/Body Classes

Rejuvenate Yoga: Gentle workout to stretch and strengthen, using props such as core ball, bands, stability ball. Improve range of motion and joint mobility, while reducing the effects of stress.

Power Yoga: Flow through the mountains of YogaFit®. Intermediate and advanced classes focus on aligning the spine and joints for optimal energy flow. Be challenged with our unique approach to vinyasa yoga, moving fluidly from one pose to the next to build up heat in the body. Sweat out your toxins and end your day feeling relaxed!

Vinyasa Yoga: A flow style yoga that works specifically on strength and flexibility, encouraging muscle tone and body sculpting. Look to boost self confidence and self image and fully empower your body.

Yoga for Athletes: This class offers ways to correct muscular imbalances that result from hard training. Prepare to improve strength, flexibility, balance and core stability. Enhance body and breath awareness and capture mental focus needed for peak performance.

Cardio and Strength Classes

Endurance Cycle/ Express cycle/ Power Cycle: Drench yourself in sweat! Come cycle with our top-notch coaches who will leave you breathless and energized!

Schwinn® Cycle: Join Sabrina and ride the Schwinn® style of indoor cycling. Schwinn® has a heritage of 125 years incorporating the principles, approach, and science of real outdoor cycling. Enjoy a fast pace, music in your face ride that focuses on FUN, FRIENDS, and SWEAT!

Cardio Boxing: High intensity interval training with some fighter training flare! You will do speed focused footwork and upper body drills that help train boxers. These movements are some of the best for keeping your body moving quickly, building muscle as well as gaining endurance. Give this fun high energy class a try and burn some serious calories while challenging yourself with new movements. All fitness levels welcome! Modifications will be available if needed so bring a sweat towel and you will be good to go!

Circuit Burn: This circuit-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and boost your metabolism. All fitness levels will benefit from this fast paced class and it a great way to start your day!

“KICK” Start The Day: Experience martial arts techniques with fast-paced cardio. It is a non-contact workout with lots of sweat! All punches and kicks are thrown into the air or onto pads. You will build stamina, improve coordination & flexibility, & burn calories as you build lean muscle. Beginners and advanced athletes will both be challenged in this high-energy workout!

Muscles Mashup: An early morning full body express class! Maximize your time in the gym with a full body workout using weights to strengthen, tone, and sculpt. Make your mornings matter!

Muscles in Motion: This class format emphasizes on working your full body with high reps and low to moderate weight. These movements will help tone you up, build muscle, and endurance for everyday activities. This class is made for all fitness levels so there is no excuse you can't join in.

POP Pilates®: Pilates with attitude! Work on the mind-body awareness from the inside out: build a rock solid core, improve strength, flexibility and balance. An addictive class, fun for everyone!

Power Circuit: This class will leave you strong, sweaty and smiling. Alternating between cardio and strength training circuits this class will sure get your heart rate up and body heated to burn those stubborn calories and unnecessary fat. Join in on the burn.

Strength 101/ Total Toning: An easy to follow full body workout primarily using dumbbells and bodyweight movements. You will work each muscle group and focus on strengthening and toning. This class will help you work on strength training form and how to effectively target those areas that you would like to tighten and build. Higher reps with lower weights will help you to tone and define each muscle group. Great starter class for strength training and building overall stability.

TABATA®: Work strength and cardio with the full body action packed 45 min class. 20 sec of work gets you 10 sec of rest but you will be sweating the entire class. There is something for everyone of all fitness levels in TABATA®. Come experience this fun and high calorie burning style of working out!

Zumba® / Zumba® Gold: Forget Jazzercise®! Zumba® is a Latin inspired workout for all ages where you can dance to great music with awesome people and get your calorie burn while having fun! Everyone is invited to this party, no dance experience required! Zumba Gold will be lower intensity while working on balance, range of motion and coordination. Come find your inner dancer.

Zumba® Toning: For those who want to party but put extra emphasis on toning. The challenge of adding 1, 2, or 3 lb weights helps you focus on specific muscle groups so you and your muscles stay engaged. Use our 2 and 3 lb weights or bring your own lighter weights.