

Pool Workouts

⚙️ All Pool classes (except youth classes) are gentle classes. Gentle Punch card 16 classes / \$40.00 member and Nonmember No swimming ability required for our pool group classes!



AQUA ZUMBA GOLD: The moves in Gold classes are not as fast as and gentler than the regular A/Zumba format

AQUA Fit – Total body workout! Cardio & strength moves!

AQUA HIIT – A high intensity, interval training class in the pool. This class uses the water as resistance to increase the intensity of the workout.

Aqua Survivor: In conjunction with the Hult Center, join Kathy for a gentle class. class is free to cancer survivors & caretakers!

POOL WORKOUT /GENTLE POOL: Specifically designed to increase balance, range of motion and strength & endurance

Youth Swim School: Beginning swim lessons for your children – space is limited Call 685-8200 to register & for prices must pay for 6-8 week session in full

PRIVATE SWIM LESSONS: for kids & Adults - available by appt only – call Kristi 685-9546 –30 min session \$30 mem & non

SILVER SPLASH –shallow-water movement to improve agility and flexibility while building strength and endurance conditioning.

A class for EVERY level of fitness!

☺️ **KIDS CLASSES!** ☺️ included with Child care cost OR purchase a kids punch card! ***

Yoga Kids ☺️ Flexible fun for ages 3 and up

ZumbaKids ☺️ ZUMBA for kids age 3 and

*****YOUTH SWIM SCHOOL & Ballet are additional cost**

Twinkle Toes Ballet ☺️ 5-8 year olds / Intro to Ballet **NEW!** 8 week pre-registration required / call front desk to register

*CYCLEBOX and BOXFIT

classes are part of a premium program that is an additional charge. We offer FREE INTRO classes that are a prerequisite to attending any Boxing class.

See additional brochure for more info class times and cost



BARRE SCULPT: a total body workout by combining ballet barre conditioning, pilates, weight training, and isometrics. Tighten your glutes and thighs, sculpt and define your abs, tone your arms, shoulders and back

BODY BLAST is Landmark's 8 week Healthy Lifestyle program that includes ALL classes and a full gym membership! Talk to a membership coordinator today for more information!

FULL BODY BLITZ Upper body, Lower body, abs & a final stretch ~ Torch calories and challenge your core.

INSANITY™ ARE YOU READY TO DIG DEEP?

This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. No equipment or weights needed.

POWERFLEX Group weight training using a variable weight barbell, hand weights and/or bands. After a warm-up, class focuses on every major muscle group, ending with abs and a stretch.

POWERSTEP 30 minutes of high energy step, calorie-torching cardio intervals and lean muscle-building strength moves



Resistance, Intervals, Power, Plyometrics and Endurance—Rev up your metabolism, burn calories build muscle in this fun cardio/strength interval class! **RIPPED Cardio** only -Interval, Plyometrics, Endurance

Simply STRENGTH - Weights, bands, balls, kettlebells & more in this workout designed to define, strengthen and shape & tone



Group cycling classes are designed for all fitness levels. You will journey through flat roads, hills, and valleys all to fun music and often a slide show or videos Don't forget a towel and water bottle and arrive early to reserve your bike!

SPIN/ FUSION: 45 min SPIN ride followed by strength, and flexibility

SPIN Barre/ FUSION: SPINNING followed by 30-40 min of Barre

Spiritual Spin: NEW!!! 45 min SPIN ride using only uplifting faith based music! Sunday afternoons

TRX BOOTCAMP TRX suspension training combined

with strength and cardio intervals for an amazing core workout - Class sizes are limited— arrive early



TurboKick utilizes elements of Kickbox, dance, hip hop, martial arts, and rhythm for a fun, calorie torching workout!!



WERQ is a fiercely fun dance fitness workout based on pop, rock and hip-hop music! Join the FUN!



Also see - AQUA ZUMBA! & GENTLE Classes

ZUMBA: combines fun, easy-to- follow dance steps with hot Latin beats to help you shed pounds and inches fast! You will forget you are exercising! (Basic class on T/Th offers simple moves)

ZUMBA Toning (ZT): Additional moves focus on building upper body strength using light weight toning sticks. ~all levels!

Mind and Body

Quiet the chatter of daily life,
Build strength and endurance,

PIYO - A fast paced, challenging class that fuses Pilates and Yoga

YOGA FLOW: Practice body alignment with Beginner and intermediate classic yoga postures restore and maintain a healthy spine

PILATES Power Traditional Pilates moves with incorporated strength work to sculpt and tone

⚙️ **GENTLE CLASSES** ⚙️ Also see pool classes

Low-Impact: ⚙️ Basic, easy to follow moves either on the floor or step followed strength & flexibility training.

Morning Excursion: ⚙️ A variety of class formats including: cardio, strength, interval, and circuit training!

PILATES Mat ⚙️ Pilates will improve core strength, flexibility, balance posture, & develop body awareness

Silver Sneakers Yoga Stretch: (Chair support is offered) Seated and standing postures will increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver Sneakers Classic: ⚙️ Have fun and move to the music with exercises to increase strength, range of movement Weights, elastic tubing and a ball are offered for resistance. A chair is available if needed.

Silver Sneakers Circuit: ⚙️ Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work is alternated with low-impact aerobic choreography. A chair is used for standing support if needed.

Silver Sneakers Saturday ⚙️ Either Classic OR Circuit class

TAI CHI ⚙️, Build energy through movements performed in a slow, focused manner accompanied by deep breathing. Reduce stress and improve balance and flexibility. **NEW!**

ZUMBA Gold ⚙️, Easy to follow and fun basic Zumba steps

New to Group Fitness and a bit nervous to jump into a class? Contact Kristi 685-9546 or email kristi@landmarkrec.com and we can set up an intro class just for you or you and your friends!



RACQUET & HEALTH CLUB

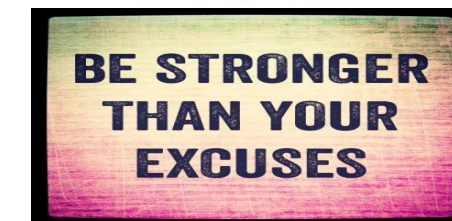
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Group Fitness Class Schedule Mar 6 – Apr 29, 2017



Group Fitness RULES & INFORMATION

- *Classes are multi level and may be joined at any time during the session
- *GYM access, including locker room, track, etc are available ONLY to Health Club members with the exception of locker room use for pool/early morn & noon classes. (Also see cost information)
- ⚙️ Indicates GENTLE Low Impact classes
- ☺️ Indicates Youth classes
- *Please notify your instructor of any physical or medical limitations.
- *All Non members are required to sign front desk entry waiver
- *Classes and instructors are subject to change
- *Child care is available to members and nonmembers
- *Must be 13 years or more to attend class. Unless specified.
- *All classes are taught by nationally certified instructors