








**LAND FITNESS CLASSES**

**APRIL/MAY 2019**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>5:15AM</b>		Boot Camp <i>Fitness Studio</i>		Boot Camp <i>Fitness Studio</i>		
<b>6:00 AM</b>	Zumba® <i>Fitness Studio</i>	Center Cycling <i>Cycling Studio</i>	XaBeat® <i>Fitness Studio</i>	Center Cycling <i>Cycling Studio</i>	Zumba® <i>Fitness Studio</i>	
<b>7:00AM</b>	Tai Chih <i>Wellness Studio</i>		Tai Chih <i>Wellness Studio</i>			
<b>8:30 AM</b>	Center Cycling <i>Cycling Studio</i>	Body Fusion <i>Fitness Studio</i>	PUMPED <i>Fitness Studio</i>	Cardio Blast <i>Fitness Studio</i>	Cardio Barre <i>Fitness Studio</i>	HIIT <i>Fitness Studio</i>
	PUMPED <i>Fitness Studio</i>				Center Cycling <i>Cycling Studio</i>	Ride the Beat <i>Cycling Studio</i>
<b>9:00 AM</b>	Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>	
<b>9:30AM</b>					XABeat <i>Fitness Studio</i>	XABeat <i>Fitness Studio</i>
<b>9:45 AM</b>	 Yoga <i>Fitness Studio</i>	PiYo™ <i>Fitness Studio</i>	 Yoga <i>Fitness Studio</i>	PiYo™ <i>Fitness Studio</i>		
<b>10:15 AM</b>	Beginner Yoga <i>Wellness Studio</i>		Beginner Yoga <i>Wellness Studio</i>			
<b>10:30 AM</b>	Muscle Works <i>Fitness Studio</i>	Beginner Yoga <i>Wellness Studio</i>	Muscle Works <i>Fitness Studio</i>	Beginner Yoga <i>Wellness Studio</i>	Muscle Works <i>Fitness Studio</i>	
<b>10:40 AM</b>		 Classic <i>Fitness Studio</i>		 Classic <i>Fitness Studio</i>		
<b>11:05 AM</b>	 BOOM Move <i>Fitness Studio</i>		Roll & Relax <i>Wellness Studio</i>		Roll & Relax <i>Wellness Studio</i>	 Yoga <i>Fitness Studio</i>
			 BOOM Move <i>Fitness Studio</i>			
<b>12:00 PM</b>	HIIT 30 <i>Fieldhouse</i>	Zumba® <i>Ballroom</i>	Pedal & Power <i>Cycling Studio</i>	Zumba® <i>Ballroom</i>	HIIT 30 <i>Fitness Studio</i>	
	Restorative Yoga <i>Wellness Studio</i>	S x 4 Yoga <i>Wellness Studio</i>	Stress Relief Yoga <i>Wellness Studio</i>	PiYo™ <i>Wellness Studio</i>	Broga for Golf <i>Wellness Studio</i> (ends 4/26)	
<b>4:30 PM</b>	Max HIIT <i>Fitness Studio</i>		HIIT 30 <i>Fitness Studio</i>			
<b>5:00 PM</b>	YIN Yoga <i>Wellness Studio</i> (ends 4/29)					
<b>5:30 PM</b>	PUMPED <i>Fitness Studio</i>	Zumba® <i>Fitness Studio</i>	PUMPED <i>Fitness Studio</i>	XABeat <i>Fitness Studio</i>	<p style="text-align: center;"><b>ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</b></p> <p style="text-align: center;">Ages 12 &amp; up welcome in classes (Ages 12-14 welcome with parent)</p> <p style="text-align: center;">Classes on the schedule are free with a Premier Plus, Short Term, Silver Sneaker, Silver &amp; Fit, or Day Pass.</p> <p style="text-align: center;"><b>\$3 per class for Premier Members and MState Students</b></p>	
<b>5:45 PM</b>		Ride the Beat <i>Cycling Studio</i>				
<b>6:30 PM</b>	Vinyasa Yoga <i>Wellness Studio</i>		Zumba STRONG® <i>Ballroom</i> (starts 4/10/19)			
<b>7:00 PM</b>			Vinyasa Yoga <i>Wellness Studio</i>			