








**LAND FITNESS CLASSES**

**JUNE-AUGUST 2019** (updated 5/23/19)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM		Boot Camp <i>Fitness Studio</i>		Boot Camp <i>Fitness Studio</i>		
6:00 AM	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>	
8:00AM	Prenatal Yoga <i>Wellness Studio</i>					HIIT <i>Fitness Studio</i>
8:30 AM	BeatBoss <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>	Ride the Beat <i>Cycling Studio</i>
	PUMPED <i>Fitness Studio</i>				Center Cycling <i>Cycling Studio</i>	
9:00 AM	Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>	XABeat <i>Fitness Studio</i>
9:30AM					XABeat <i>Fitness Studio</i>	
9:45 AM	 Yoga <i>Fitness Studio</i>	PiYo™ <i>Fitness Studio</i>	 Yoga <i>Fitness Studio</i>	PiYo™ <i>Fitness Studio</i>		
10:00AM		Mommy & Baby Yoga <i>Wellness Studio</i>				
10:15 AM	Gentle Yoga <i>Wellness Studio</i>		Gentle Yoga <i>Wellness Studio</i>		Meditation/ Restorative Yoga <i>Wellness Studio</i>	
10:30 AM	Muscle Works <i>Fitness Studio</i>		Muscle Works <i>Fitness Studio</i>		Muscle Works <i>Fitness Studio</i>	
10:40 AM		 Classic <i>Fitness Studio</i>		 Classic <i>Fitness Studio</i>		
11:05 AM	 BOOM Move <i>Fitness Studio</i>	Toddler & Me Yoga <i>Wellness Studio</i>	 BOOM Move <i>Fitness Studio</i>		 Yoga <i>Fitness Studio</i>	
12:00 PM	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>		
5:30 PM	PUMPED <i>Fitness Studio</i>	Hot Yoga <i>Wellness Studio</i>	PUMPED <i>Fitness Studio</i>	XABeat <i>Fitness Studio</i>		
				Yoga Flow <i>Wellness Studio</i>		
5:45 PM		Ride the Beat <i>Cycling Studio</i>				
6:30 PM	Vinyasa Yoga <i>Wellness Studio</i>		Zumba STRONG® <i>Ballroom</i>			
7:00 PM			Vinyasa Yoga <i>Wellness Studio</i>			

**ALL CLASSES ARE SUBJECT TO  
CHANGE ANYTIME BASED ON  
ATTENDANCE**

Ages 12 & up welcome in classes (Ages 12  
14 welcome with parent)  
Classes on the schedule are free with a  
Premier Plus, Short Term, Silver Sneaker,  
Silver & Fit, or Day Pass.  
**\$3 per class for Premier Members and  
MState Students**