





LAND FITNESS CLASSES

SEPT-DEC 2019 (updated 10/21/19)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM		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>		
7:00 AM	**Tai Chi Chih® <i>Wellnes Studio</i> (Starts 11/4)		**Tai Chi Chih® <i>Wellnes Studio</i> (Starts 11/6)			
8:30 AM	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>	Ride the Beat <i>Cycling Studio</i>
	PUMPED <i>Fitness Studio</i>	8:45AM - Yoga Flow <i>Wellness Studio</i>			Center Cycling <i>Cycling Studio</i>	HIIT <i>Fitness Studio</i>
9:00 AM	Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>		Yoga Flow <i>Wellness Studio</i>	Yoga Flow <i>Wellness 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>	<p>NEW!!!</p> <p>Check out our Tai Chi Chih® and Yoga Workshops this Fall!!</p> <p>More info on back of page, program guide and www.dlccc.org.</p>	
10:00AM		**Tai Chi Chih® <i>Wellnes Studio</i> (Starts 11/5)		Beginner Yoga <i>Wellness Studio</i> (9/6-10/31)		
				**Tai Chi Chih® <i>Wellnes Studio</i> (Starts 11/7)		
10:15 AM	Gentle Flow <i>Wellness Studio</i>		Gentle Flow <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>		
11:00 AM			Foam Roller <i>Wellness Studio</i> (Starts 11/6)		Foam Roller <i>Wellness Studio</i> (Starts 11/8)	
11:05 AM	 BOOM! Move <i>Fitness 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>	Ride the Beat <i>Cycling Studio</i>	Zumba® <i>Ballroom</i>	HIIT 30 <i>Fitness Studio</i> (Starts 10/11)	
	Restorative Yoga <i>Wellness Studio</i> (Starts 11/4)	S x 4 Yoga <i>Wellness Studio</i>	Stress Relief Yoga <i>Wellness Studio</i>	PiYo™ <i>Wellness Studio</i>	Broga <i>Wellness Studio</i> (Starts 9/27)	
4:30 PM	HIIT <i>Fitness Studio</i> (Starts 10/7)		HIIT <i>Fitness Studio</i> (Starts 10/9)		Broga <i>Wellness Studio</i> (Starts 10/25)	
5:30 PM	PUMPED <i>Fitness Studio</i>	XABeat <i>Fitness Studio</i>	PUMPED <i>Fitness Studio</i>	XABeat <i>Fitness Studio</i>	<p>ALL CLASSES ARE SUBJECT TO CHANGE ANYTIME BASED ON ATTENDANCE</p> <p>Ages 12 & up welcome in classes (Ages 12-14 welcome with parent)</p> <p>Classes on the schedule are free with a Premier Plus, Short Term, Silver Sneaker, Silver & Fit, or Day Pass.</p> <p>\$3 per class for Premier Members and MState Students</p> <p>**Must have completed workshop - refer to program guide or website</p>	
			**Tai Chi Chih® <i>Wellnes Studio</i> (Starts 11/6)	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>	YIN Yoga <i>Wellness Studio</i> (starts 11/5)	STRONG by Zumba® <i>Ballroom</i> (Starts 10/9)			
6:45 PM		Butts and Guts <i>Fitness Studio</i> (Starts 10/7)				
7:00 PM			Vinyasa Yoga <i>Wellness Studio</i>			