








LAND FITNESS CLASSES

JANUARY-MARCH 2019 *(updated 1/25/19)*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM		Insanity® Fitness Studio		Insanity® Fitness Studio		
6:00 AM	Zumba® Fitness Studio	Center Cycling Cycling Studio	NEW TIME! XaBeat® Fitness Studio	Center Cycling Cycling Studio	Zumba® Fitness Studio	
7:00AM	Tai Chih Wellness Studio		Tai Chih Wellness Studio			
8:30 AM	Center Cycling Cycling Studio	Body Fusion Fitness Studio	PUMPED Fitness Studio	Cardio Blast Fitness Studio	Cardio Barre Fitness Studio	HIIT Fitness Studio
	PUMPED Fitness Studio	Hot Yoga Wellness Studio		Hot Yoga Flow Wellness Studio	Center Cycling Cycling Studio	Ride the Beat Cycling Studio
9:00 AM	Yoga Flow Wellness Studio		Yoga Flow Wellness Studio		Yoga Flow Wellness Studio	
9:30AM			TreadFit Cardio Area <i>(Starts Jan. 16)</i>	Tai Chih Wellness Studio	XABeat Fitness Studio	XABeat Fitness Studio
9:45 AM	 Yoga Fitness Studio	PiYo™ Fitness Studio	 Yoga Fitness Studio	PiYo™ Fitness Studio		
10:15 AM	Beginner Yoga Wellness Studio		Beginner Yoga Wellness Studio			
10:30 AM	Muscle Works Fitness Studio	NEW!!! Me Time Wellness Studio <i>(Jan.8-Mar.26)</i>	Muscle Works Fitness Studio	NEW!!! Me Time Wellness Studio <i>(Jan.10-Mar.28)</i>	Muscle Works Fitness Studio	
10:40 AM		 Classic Fitness Studio		 Classic Fitness Studio		
11:05 AM	 BOOM Move Fitness Studio		Roll & Relax Wellness Studio		Roll & Relax Wellness Studio	
			 BOOM Move Fitness Studio		 Yoga Fitness Studio	
12:00 PM	HIIT 30 Fieldhouse	Zumba® Ballroom	Pedal & Power Cycling Studio	Zumba® Ballroom	HIIT 30 Fitness Studio	
	NEW! Restorative Yoga Wellness Studio <i>(starts Jan. 7)</i>	S x 4 Yoga Wellness Studio	Stress Relief Yoga Wellness Studio	NEW TIME! PiYo™ Wellness Studio	Broga Wellness Studio	
4:30 PM	Insanity® Fitness Studio	NEW!! Barre Fitness Studio <i>(Jan.14-Mar.26)</i>	HIIT 30 Fitness Studio			
5:00 PM	YIN Yoga Wellness Studio <i>(Jan.7-Mar.25)</i>					
5:30 PM	PUMPED Fitness Studio	Zumba® Fitness Studio	PUMPED Fitness Studio	SPORT Fitness Studio	<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>	
5:45 PM		Ride the Beat Cycling Studio				
6:30 PM	Vinyasa Yoga Wellness Studio					
7:00 PM			Vinyasa Yoga Wellness Studio			