


Group Exercise Land Schedule – Spring 2012 effective 5/20/12

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30			TRX® ¹ Lisa		Yoga/Pilates Heather D.	7:45 Spinning® Kathy/Faye		
5:45	Core Strength Karen K. 6:15 Spin Express Karen K.	Spinning® Faye Cardio Drills Lisa	6:00 TRX® ¹ Lisa	Spinning® Lisa TurboKick® Heather D.	BodyForce KRS	8:30 Cardio Combo Lisa	9:00 60 MIN Spin® Karen k /Heather Step Lisa	
6:30		Super AB Crunch Lisa	Spin Express KRS	Super AB Crunch Heather D.		8:45 Yoga - Stacey		
9:00	Pilates Basics Stacey	9:15 Yoga - Jamie	Core Strength Laura		Core Strength Lynn	9:30 Muscle Cond. Faye/Lisa	10:00 BodyForce Karen K/Kathy	
9:30	Anaerobics - Stacey	Muscle Moves - Lynn	Zumba® - Laura	BodyForce - Stacey	Kickboxing - Lynn	TRX® ¹ - Jamie		
9:35	Spin® & Stretch-Lynn 10:00 TRX® Bootcamp ¹ - Faye		Spinning® - Jamie		Spinning® - Jamie	9:50 Spin & Sculpt Stacey	11:00 Spinning® Jamie	
10:30	TRX® ¹ Faye Simply Moves Lynn	Balance & Strength ¹ Brian Spinning® Stacey	Yoga/Pilates Jamie	Balance & Strength ¹ Brian Spin® & Sculpt Stacey	Yoga/Pilates Stacey Simply Moves Heather D.	10:00 TRX® ¹ - Jamie 10:30 Zumba®-Laura		
4:30	Zumba® KRS Spinning® Lisa	Spinning® Faye Cardio Drills Laura	BodyForce Stacey	4:30 Core Strength-Mallory		<ul style="list-style-type: none"> • All classes are 55 minutes unless noted otherwise in the description. • ¹ Class held in gymnasium. • ² Held in Conference Room. • ³ 75-minute class. • This schedule is subject to change. <div style="text-align: center; margin-top: 20px;">  <p>www.lifeworksfitness.net</p> </div>		
5:30	Progressive Step Kathy Spinning® Lisa Beg Yoga ² - Jamie	Ball Conditioning Faye Yoga Heather C.	Step It Up Lisa Spinning® Stacey Beg Yoga ² - Marissa	5:00 CardioBlast Angela 5:30 TRX® BootCamp ¹ Jamie 6:00 TRX® ¹ - Jamie TurboKick® Exp Angela			5:00 Core Strength Faye 5:35 Spinning® Faye	
6:30	Beg Yoga ² - Karen K Track & Drills ³ Lisa Plyo 20/20/20 Jamie	TurboKick® Angela 6:45 Spinning® Karen K.	Zumba® - KRS Intensity ¹ - Lisa Power Yoga ² Heather C.	6:35 Iron Body - Jamie				
7:30		Core Strength Karen K	Spinning® Heather D.	7:00 Spinning® - Karen K.				

LifeWorks Land Class Descriptions - All classes are 55 minutes unless otherwise noted.

Anaerobics: A high intensity, low-impact, interval class with repetitive movements during the work phases and low impact, easy to follow combinations during the rest phases.

Ball Conditioning: Muscle conditioning class using large, inflatable balls to stabilize and strengthen your muscles.

Balance & Strength: Incorporates functional exercises to improve activities of daily living.

Beginning Yoga: Our very basic yoga class for the new participant. The instructor is sensitive to making the new participant feel comfortable and to understand and enjoy the class.

BodyForce: A choreographed Barbell workout consisting of exercises to strengthen the body. Expect high repetition of movements, adjustable weights and active recovery periods.

Cardio Blast: A high intensity workout consisting of hi/low impact aerobics.

Cardio Combo: This workout consists of intervals of step, hi/low impact aerobics and muscle conditioning. Abdominals follow.

Cardio Drills: A 45-minute mini-boot camp taking members through agility, cardio and skill drills. All levels of participants can take this class.

Core Strength: A 30-minute workout focusing on strengthening the muscles of the torso, also called the core. Many of these exercises will be done on the ball.

Intensity: A 55 minute intense workout that features plyometric moves with powerful interval drills with short rest periods. Not for the beginners. Prepare to work hard!

Iron Body: A 55-minute workout using dumbbells and focusing on functional fitness movements. For the intermediate level participant.

Kickboxing: Bringing back a favorite! A high intensity workout with kicks and punches.

Muscle Conditioning: While using a variety of equipment, muscles of both the upper and lower body will be conditioned. This class is appropriate for people at all levels of fitness.

Muscle Moves: A Cardio and muscle conditioning class. Intervals of low impact, high intensity aerobics and intervals of muscle conditioning.

Pilates Basics: A 30-minute introduction to Pilates. Instruction will include the fundamentals and basic components of Pilates. Beginners are welcomed.

Plyo 20/20/20: 20 minutes of pilates mat exercises, 20 minutes of flow yoga, & 20 minutes of core strength using the stability ball. Come for 1, 2, or all 3 segments. 55 minutes class.

Power Yoga: Our more advanced yoga workout.

Progressive Step: This class is perfect for new participants and those who are advanced. It is designed as two 30-minute classes combined into one! The first 30 minutes will be a basic warm up and easy to follow step patterns. After the first 30 minute segment, new steppers are free to leave class and end their workout. The second 30 minutes will progress into intermediate/advance step.

Simply Move: A basic level exercise class that emphasizes fun and movement. Simple moves, low-impact, easy walking patterns, step aerobic combinations and weight routines are used to music.

Step It Up: This step workout is an intermediate to advanced class designed for people who have been taking step for quite some time. The choreographed combinations are longer and more challenging.

Super AB Crunch: 15 minutes of intense core work using a variety of moves to work all of the abdominal muscles.

Spinning®: 45-minute cycling workout involves the instructor taking you on a bike ride consisting of hills and flat terrain. Sign up at the Service Desk required. Sign up begins 1.25 hrs before class starts. **Spin Express:** A 30 minute version of our tradition Spinning class.

Spin & Stretch: A 45 minute spin ride followed by a session of stretching to improve flexibility.

Spin & Sculpt: A 40 minute Interval spinning class. Short segments of upper body exercises done while seated on the bike. Dumbbells used to condition arms and back muscles between riding portions.

Track & Drills: 75 minutes of intense drills on and off the track including running, sprinting, obstacle courses, medicine ball skills, etc. Class may go outdoors in nice weather.

TRX®: A 30 minute workout done in either regular style (or bootcamp which is noted). Sign up at the Service Desk required. Sign up begins 1.25 hrs before class starts.

Turbokick®: A kickboxing style class with high intensity segments. High energy and challenging! **Turbokick Express** is a 30 minute version of the class!

Yoga: Learn gentle positions known as Asanas to stretch and strengthen the body; breathing techniques to quiet and balance the mind; and mindfulness practice to center and observe the self.

Yoga/Pilates: Mostly a Yoga class with principles of Pilates incorporated. An intermediate level class. Prior experience would be helpful but not necessary.

Zumba® - ZUMBA® is a fusion of Latin & International music, routines feature aerobic/fitness interval training with a combination of fast & slow rhythms.