




2023 FALL LAND CLASSES

SEPTEMBER 5 - DECEMBER 2

*All classes run 50-55 minutes unless noted otherwise

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAKELAND	8:15a Spin (LeeAnne W.) 9:30a Cardio Beats (Joanne)	8a Pedal & Pump (Melissa) 9:15a Boot Camp (Dariss) 10:15a Pilates *30* (Dariss)	9:30a Silver Sneakers Circuit (Kristen) 10:30a Yoga for All (Susan)	8a Spin (Melissa) 9:15a Barre Burn (Dariss) 10:15a Pilates *30* (Dariss)	8:15a Pedal & Pump (LeeAnne W.) 9:30a SilverSneakers Circuit (Kristen) 10:30a Better Backs Yoga (Rachel)	9a Body Blast (Rotating Instructors)
	6:30p Boot Camp (Leanne T.) 7:30p Spin (Renee)	6:30p Kickboxing (Kristen)	6:30p Pedal & Pump (Wendy)	6:30p Boot Camp (Leanne T.)	<div>CLASS REGISTRATION:</div> <div>CLICK HERE </div> <div>   </div>	
MILFORD	9:30a Silver Sneakers Circuit (Kristen)	9:30a Yoga for All (Susan)	10a Chair Yoga (Darcy)	9:30a Kickboxing (Kristen)		
	5:30p Strength 360 (Amanda)	6p Cardio-Core Fusion (Amanda)	6p Gentle-Yin Yoga (Mary)	6p Cardio Beats (Joanne)		

*No Class: Nov 23rd and 24th

CLASS DESCRIPTIONS

Intensity scale: 1- lowest intensity; 5- highest intensity

Barre Burn (3-4): Combines mixed elements of Pilates, dance, yoga and functional training, in each energizing and targeted workout to sculpt, slim and stretch your entire body. Most classes incorporate the use of a chair for standing movements with the focus on high repetitions in small ranges of motion. Please bring a yoga mat.

Better Backs Yoga (1-2): Stretch and strengthen in this beginner yoga class. Poses focus around strengthening the core muscles of the back, glutes, and abdominals, while improving core strength, flexibility, balance, and posture. Please bring a yoga mat.

Body Blast (4-5): This workout is focused on both the strength and cardio components of a total body conditioning class. Designed to change weekly, this routine will provide a challenge by switching up equipment or muscle group focus to help achieve an "all-over" better you! Suited for all ability levels as modifications are provided.

Boot Camp (5): High endurance class combining strength, cardio and conditioning. Designed to shed fat while building strength, endurance and power. Get ready to push your limits in this full body workout!

Cardio Beats (4): Take drumming to a whole new level! Enjoy this fun, total body cardio class that will make you sweat, smile and maybe even dance a little! Great for beginners and fitness fanatics alike. Ball, base & drumsticks are provided.

Cardio-Core Fusion (3-4): The title says it all! Get your (non-impact) cardio AND core work in for the day with this calorie burning, ab-working, fusion class!

Chair Yoga (1): Move through seated and some standing yoga poses, designed to increase flexibility, balance and range of movement. Restorative breathing exercises promote stress reduction and mental clarity. No floor work. Chair provided.

Gentle-Yin Yoga (2): Combine the mindfulness and flexibility of a Gentle Yoga practice with the longer held postures of Yin Yoga. A great class for anyone with the desire to release tension and stiffness. Please bring a yoga strap and mat.

Kickboxing (3-4): Build agility, coordination and stamina as you kick and punch your way through this cardio-based, conditioning class! Non-impact modifications are always provided for any jumping movements. All equipment is provided.

Pedal & Pump (1-3): 35 minutes of endurance riding geared to increase metabolism with 20 minutes of body sculpting exercises, concentrating on upper body and core.

Pilates *30* (3-4): This **30 minute class** will challenge your body in a whole new way by incorporating low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Please bring a yoga mat.

Silver Sneakers Circuit (2-3): Standing, low-impact aerobics, alternated with body strength building exercises. It's the perfect class to increase balance, stability, coordination in a fun and safe environment. Chairs are incorporated for added balance support and safety.

Spin (1-3): The ultimate, non-impact cardio class featuring high energy music, accountability and motivation on stationary bikes.

Strength 360 (3-5): A total-body strength training course designed to tone, firm and build using a variety of resistance training equipment. Come prepared to challenge yourself while learning proper strength training techniques!

Yoga for All (1-2): This practice includes a focus on strength, flexibility, balance, breath and mindfulness. Modifications/variations are provided so each participant has opportunity for growth. Per Mayo Clinic, yoga aids in improving nervous system function (lowering HR, improving digestion and quality of sleep, and strengthening the immune system), while improving joint range of motion, dynamic balance and decreasing the risk of falling. Please bring a yoga mat.

For questions, please contact Kristen.Rickens@hvs.org

Lakeland Pool

Water Aerobics

**MORNING
AQUA FITNESS
M/W/F
9-10 A.M.**

**DEEP WATER
CIRCUIT
M-F
8:30-9:30 A.M.**

**MONDAY
EVENING
DEEP WATER
6-7 P.M.**

**We accept Silver Sneakers, Silver & Fit,
Renew Active & Peer Fit
Call 248-676-2341 with questions**