

GROUP FITNESS SCHEDULE

July 31st -
October 31st

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM						
6:15AM					GROUP CYCLE MEG, CYCLE STUDIO	
6:30AM	GROUP CYCLE MEG, CYCLE STUDIO	STRENGTH TRAINING HENNY, STUDIO A	GROUP CYCLE WILL, CYCLE STUDIO	STRENGTH TRAINING HENNY, STUDIO A		
8:00AM					CARDIO STRENGTH YANET, STUDIO A	
8:30AM	AQUA BALANCE KIM, MARSHWOOD CARDIO STRENGTH HENNY, STUDIO A	AQUA BALANCE KIM, MARSHWOOD ZUMBA VANESSA, STUDIO A GROUP CYCLE LIZ, CYCLE STUDIO	CARDIO STRENGTH HENNY, STUDIO A GROUP CYCLE WILL, CYCLE STUDIO	AQUA BALANCE KIM, MARSHWOOD GROUP CYCLE JANET, CYCLE STUDIO MAT PILATES - BEGINNER LIZ, STUDIO B ZUMBA, LAURA STUDIO A	AQUA BALANCE KIM, MARSHWOOD GROUP CYCLE JANET, CYCLE STUDIO	CARDIO STRENGTH WILLIAM, STUDIO A WATER AEROBICS JENNIFER, MARSHWOOD
9:30AM	GROUP CYCLE JANET, CYCLE STUDIO ZUMBA VANESSA, STUDIO B STRENGTH & STRETCH HENNY, STUDIO A	STRENGTH TRAINING HENNY, STUDIO A MAT PILATES LIZ, STUDIO B	ZUMBA VANESSA, STUDIO B STRENGTH & STRETCH JANET, STUDIO A	STRENGTH TRAINING JANET, STUDIO A MAT PILATES LIZ, STUDIO B	STRENGTH & STRETCH HENNY, STUDIO A	BARREBURN MEAGAN, STUDIO A
10:30AM	CORE BLAST! WILLIAM, STUDIO A YOGA FLOW JANET, STUDIO B	WATER AEROBICS YANET, POOL A STATIC STRETCH JANET, STUDIO A TRX HENNY, STUDIO B	POWER YOGA HENNY, STUDIO B WATER AEROBICS YANET, POOL A	WATER AEROBICS YANET, POOL A DYNAMIC YOGA LIZ, STUDIO B	CORE BLAST! HENNY, STUDIO A YOGA FLOW JANET, STUDIO B WATER AEROBICS YANET, POOL A	WATER AEROBICS YANET, POOL A GROUP CYCLE, LIZ, CYCLE STUDIO ZUMBA SERENNE, STUDIO B
11:30AM	SIT; FIT HENNY, STUDIO A TAI CHI QIGONG CLAYTON, STUDIO B WATER AEROBICS YANET, POOL A	SIT; FIT VANESSA, STUDIO A	SIT; FIT VANESSA, STUDIO A	SIT; FIT BEKAH, STUDIO A	SIT; FIT JENNIFER, STUDIO A	GENTLE YOGA LIZ, STUDIO B
12:30PM		SIT; BALANCE WILLIAM, STUDIO B		SIT; BALANCE WILLIAM, STUDIO B		

ACTIVE AGING CLASSES

WATER AEROBICS CLASSES

ATHLETIC SHOES REQUIRED FOR ALL CLASSES EXCEPT YOGA, PILATES, AND BARRE

ALL YOGA CLASSES ARE 1HR

SCHEDULE SUBJECT TO CHANGE

OAKRIDGE OUTDOOR POOL CLEANINGS ARE EVERY WEDNESDAY FROM 8-10AM

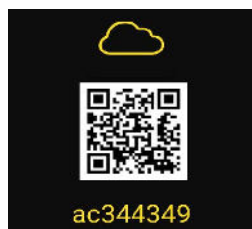
PACKAGES AND PRICING:

THE CAPTAIN'S PACKAGE: \$129
THE NAVIGATOR (10 CLASSES): \$85
INDIVIDUAL CLASS RATE \$10



THE LANDINGS
GOLF & ATHLETIC CLUB

- WATER AEROBICS** A LOW IMPACT CLASS WHERE NO SWIMMING SKILLS ARE NEEDED. EXERCISES ARE GEARED TO USE RESISTANCE OF THE WATER TO IMPROVE FLEXIBILITY, RANGE OF MOTION, STRENGTH, MUSCLE TONE AND CARDIOVASCULAR ENDURANCE. CLASS IS CONDUCTED TO LIVELY, MOTIVATING MUSIC AND MOVES ARE EASY TO FOLLOW.
- STRENGTH TRAINING** A FULL BODY STRENGTH WORKOUT. THIS CLASS UTILIZES MANY FORMATS AND TYPES OF EQUIPMENT TO DELIVER A WORKOUT THAT WILL INCREASE STRENGTH AND BONE DENSITY, BURN BODY FAT, IMPROVE JOINT STABILITY, AND BOOST METABOLISM.
- GROUP CYCLE** GROUP CYCLE IS A MULTILEVEL CYCLING EXPERIENCE. THIS CLASS IS A HIGH INTENSITY CARDIO BOOST THAT WILL HELP BURN CALORIES, IMPROVE CARDIOVASCULAR HEALTH, AND STRENGTHEN YOUR LOWER BODY.
- CORE BLAST** CORE BLAST IS A HIGH-INTENSITY, CORE-STRENGTHENING WORKOUT DESIGNED TO BUILD CORE STRENGTH, IMPROVE POSTURE, ENHANCE SPORT PERFORMANCE, AND TONE YOUR MIDSECTION USING A VARIETY OF EQUIPMENT AND EXERCISES.
- CARDIO STRENGTH** A HIGH ENERGY CLASS GEARED TO CREATING A SERIOUS CALORIE BURN. THE CLASS COMBINES FULL-BODY STRENGTH TRAINING AND HIGH-INTENSITY MOVEMENTS TO GET YOUR BLOOD FLOWING AND TO IMPROVE STRENGTH, BALANCE, AND CORE.
- DYNAMIC YOGA** DYNAMIC YOGA IS A GENTLE ROUTINE FOCUSING ON CHANNELING WILL AND FORCE TO PROVIDE BALANCE AND HARMONY. EACH CLASS USES A COMBINATION OF FLEXIBILITY AND MOBILITY SEQUENCES, BREATHWORK, AND STRENGTHENING POSES TO ENHANCE PHYSICAL AND MENTAL HEALING, PROMOTE MINDFULNESS, AND REDUCE STRESS
- ZUMBA** ZUMBA IS A FITNESS PROGRAM THAT COMBINES INTERNATIONAL MUSIC WITH DANCE MOVES. ZUMBA ROUTINES INCORPORATE INTERVAL TRAINING — ALTERNATING FAST AND SLOW RHYTHMS — TO HELP IMPROVE CARDIOVASCULAR FITNESS
- MAT PILATES** MAT PILATES IS A MIND-BODY WORKOUT THAT REQUIRES CORE STABILITY, STRENGTH, FLEXIBILITY, AND ATTENTION TO MUSCLE CONTROL AND POSTURE. IT PUTS EMPHASIS ON ALIGNMENT, BREATHING, CORE DEVELOPMENT, AND IMPROVING COORDINATION AND BALANCE. MAT PILATES IS BENEFICIAL FOR ALL AGE GROUPS AND FITNESS LEVELS.
- STRENGTH & STRETCH** THIS CLASS FOCUSES ON PRESERVING AND BUILDING MUSCLE MASS, BONE MASS AND RANGE OF MOTION TO SUPPORT STRENGTH AND JOINT HEALTH THROUGH EVERY PHASE OF LIFE. WITH AN EVER-CHANGING COMBINATION OF WEIGHT-BEARING, MUSCLE-STRENGTHENING, BALANCE AND FLEXIBILITY EXERCISES, THIS FULL BODY WORKOUT WILL HELP YOU MAINTAIN A HEALTHY AND ACTIVE LIFESTYLE.
- TRX** TRX IS A FORM OF SUSPENSION TRAINING THAT USES BODY WEIGHT EXERCISES TO DEVELOP STRENGTH, BALANCE, FLEXIBILITY AND CORE STABILITY SIMULTANEOUSLY. IT REQUIRES THE USE OF THE TRX SUSPENSION TRAINER, A PERFORMANCE TRAINING TOOL THAT LEVERAGES GRAVITY AND THE USER'S BODY WEIGHT TO COMPLETE THE EXERCISES.
- STATIC STRETCH** STATIC STRETCH IS PERFECT FOR THE LANDINGS CLUB ATHLETES! WHETHER ITS GOLF OR COURT SPORTS. THIS MOBILITY AND STRETCH CLASS WILL HELP YOU IMPROVE YOUR GAME!
- POWER YOGA** POWER YOGA IS A DYNAMIC AND HIGH ENERGY DRIVEN CLASS THAT PROMOTES MOBILITY, FLEXIBILITY, OVERALL STRENGTH, AND IMMUNE HEALTH.
- S.I.T. CLASSES** SENIOR INTERACTIVE TRAINING (S.I.T.) CLASSES ARE PART OF A COMPREHENSIVE FITNESS PROGRAM THAT STRENGTHENS THE BODY AND MIND, WHILE IMPROVING BALANCE AND FLEXIBILITY THROUGH FUNCTIONAL FITNESS. TYPES OF S.I.T. CLASSES INCLUDE SIT: FIT, SIT: BALANCE.
- TAI CHI QIGONG** TAI CHI IS A CHINESE SYSTEM OF PHYSICAL EXERCISES AND BREATHING CONTROL. THE FOCUS OF THIS CLASS IS TO DEVELOP HEALTH, STRENGTH, AWARENESS AND GENERAL PHYSICAL RESILIENCE.
- BARREBURN** BARRE BURN PROVIDES AN EFFECTIVE, JOINT-FRIENDLY FULL BODY WORKOUT, BUILDING STRENGTH AS WELL AS AGILITY AND FLEXIBILITY. ENGAGING MULTIPLE MUSCLES SIMULTANEOUSLY, EMPHASIZES ON PROPER BODY ALIGNMENT, PROMOTING BETTER POSTURE AND CORE STRENGTH.
- YOGA FLOW** A MIXTURE OF MEDITATION, BREATH-WORK AND ENERGIZING MOVEMENT. BEGIN WITH GENTLER MOVEMENTS TO WARM UP THE BODY, THEN MOVE INTO PROGRESSIVELY MORE CHALLENGING FLOWING SEQUENCES. THESE MAY INCLUDE STANDING POSES, BALANCES, INVERSIONS AND PEAK POSES.
- AQUA BALANCE** A LOW IMPACT CLASS THAT HELPS IMPROVE BALANCE, FLEXIBILITY, CARDIOVASCULAR HEALTH AND MUSCULAR STRENGTH. THE WATER WARMS HELPS RELIEVE PAIN AND INFLAMMATION AROUND JOINTS. SLOWS YOUR MOVEMENTS FOR SMOOTH FLOWING MOVEMENTS.



**SCAN HERE TO SIGN UP
ON THE MYWELLNESS
APP!**