

Land Fitness Class Descriptions—Winter 2012

30 Minute Weight Workout

Strength training is vital to the success of your workout. This 30 minute class hits all major muscle groups to help you look and feel your best. The instructor will take you through each workout to ensure proper form and safety utilizing free weights, resistance tubes, medicine balls and other equipment. Get a new workout each week!

Ab Lab (20 Minute Class)

In 20 minutes you will get the opportunity to tone your core muscles through a fun workout! Our instructors will take you through a variety of exercises designed to challenge and sculpt your abdominal muscles.

Advanced Step

Ready to take your Stepping to the next level? Try our advanced stepping class which features more complex step combinations and faster tempos than our other step classes. Challenge yourself and get your heart pumping!

Arthritis Foundation Exercise Program

This Arthritis Foundation exercise program is designed specifically for people with arthritis and related conditions. Gentle activities are performed to increase joint flexibility and range of motion. Maintain muscle strength and increase your stamina as you set your own pace doing exercises seated and standing. Enjoy a variety of strength and endurance activities with equipment and relaxation techniques. *Arthritis Foundation certified Instructors*

B.E.S.T. of Health

This class will get you into your BEST of Health. You will focus on Balance (standing exercises), Endurance (low impact aerobics), Strength (resistance training), and Toning (mat exercises). You will see and feel the benefits of doing this total body workout to increase your fitness level.

Boot Camp

Join us for an intense fitness challenge! Our boot camp will feature traditional military style conditioning, plyometric training, boxing and kickboxing, strength training and much more. It's never the same workout twice!

BOSU Boot Camp

This 45 minute class incorporates the use of a BOSU and other equipment to create intense core challenges mixed with cardio. These boot camp drills will help you to challenge your balance, agility, cardiovascular, and muscular strength.

Cardio Sculpt

Enjoy a complete workout by alternating simple, easy cardio steps with a sculpting routine. Get your heart pumping to improve cardiovascular health, then work with weights to increase strength and toning. Get a total body workout with just one class!

Cardio Strength Circuit

Move through a series of exercises that hit all your major muscle groups with a variety of equipment-- keep your heart pumping! Get a new and interesting work-out every class that will sculpt muscle and burn fat!

Half & Half

Don't be baffled by the name – this step and strength training class teams up aerobics with toning for a well rounded and interesting cardiovascular and fat burning workout.

Interval Step & Strength

Take your step and strength routine up a notch with this intense class. Step heights will be adjusted periodically to get your heart pumping during aerobic portions of the class. In between intervals, work your strength routine using your own body weight and a variety of equipment. A great overall fitness class!

Kickbox Drills

This class of traditional kickbox drills will build strength and stamina by working large muscle groups. Get a great full-body work-out by moving through a series of drills that hit all your major muscles in just one motivating class.

Pilates Fusion

Pilates Fusion includes primarily mat exercises which focus on developing core strength, stability and flexibility. Create a strong lean body in this class whether you are just starting out or reaching advanced levels of exercise.

PiYo

Try our Pilates/Yoga combo class! Move at a consistent tempo between seated and standing poses. Get the feel of a traditional yoga class with the bonus of core training from the Pilates method.

Power Pump

Get ready to challenge your muscles with this resistance and cardio class. Use resistance bands, weights, and a variety of other equipment. You will leave class energized after this complete body workout.

Power Yoga

Our power yoga class is a version of the Ashtanga Yoga and is similar to Vinyasa yoga. Poses are linked together in a flowing sequence designed to challenge the body. This class is great for those individuals looking for a new way to achieve a strong, lean, and toned body along with the relaxation and flexibility of traditional yoga classes.

Step

Step aerobics is designed to increase cardiovascular fitness and burn body fat. This is a low impact class that is fun to do. Traditional step sequences are incorporated into this workout designed for all intensity levels.

Step & Core

Get a great major muscle workout with a 35 minute step class combined with a 20 minute ab workout. This class is designed for the beginner to intermediate stepper and is a great way to improve cardio and core muscle strength.

Step & Sculpt

Step aerobics combined with upper body toning and sculpting. While the step aerobic portion of the class emphasizes lower body, you will challenge your upper body using hand weights, dynabands and exercubes. All fitness levels welcome.

Tai Chi from The Arthritis Foundation

Tai Chi is an ancient Chinese discipline that is still practiced today for its many health benefits. Tai Chi from the Arthritis Foundation is a simple, learnable Tai Chi form. Practice a flowing sequence of gentle, graceful movements that will improve memory and focus as you strengthen your muscles to keep your joints mobile for less stiffness. Tai Chi will teach you how to relax and rejuvenate your body. *Arthritis Foundation certified Instructors*

TurboKick

Get your heart pumping with this high-energy kickboxing class. Build cardiovascular endurance and strengthen large muscle groups while you have a blast. Kick your routine up a notch with TurboKick!

Yoga

This traditional form of yoga focuses on stretching postures that help the body become flexible and firm. This mat class uses meditation poses to help reduce stress and tension, as well as increase vitality, improve circulation, and tone the body.

YogaFit®

YogaFit® is designed to improve the health, performance, and mental acuity of athletes or individuals interested in increasing their fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. YogaFit® is a practical, user-friendly style, which is understandable, and doable by individuals at any level of fitness.

Zumba®

Zumba is a high-energy class that uses a fusion of Latin and International music to create a dynamic, exciting, effective fitness program. Zumba routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba routines utilize the principles of interval training and resistance training to maximize caloric output and fat burning. High energy, fun music paired with easy, effective fitness moves means you get a work-out like no other! *Express classes are 30 minutes.*

Zumba Gold

This innovative exercise class is powered by great Latin music and fun! Designed specifically for active older adults, Zumba Gold is low impact and less intense than our regular Zumba, but still an absolute blast! *Express classes are 30 minutes.*

Land Fitness Program Notes

- All Land Group Fitness Classes are 55 minutes unless otherwise noted.
- A current Summit membership, punch card or daily pass is required to participate in all fitness classes.
- Classes have limited space and spots are reserved on a first come, first served basis.
- We reserve the right to cancel classes due to low enrollment.



Summit on the Park

- Age Requirements: Ages 14-17 may participate in Group Fitness classes after completing a facility orientation and having a parent complete a consent form. Ages 12-13 may participate in fitness classes with a parent actively participating in class. Ages 11 and under **may not** be in the Aerobics studio during Group Fitness classes due to safety issues.