



Fall 2018
Begins September 4

Land Fitness

GROUP EXERCISE SCHEDULE

MONDAY

CLASS	TIME	LOCATION
ATAC	5-5:45 a.m.	CB
Gentle Yoga	7:45-9 a.m.	2
Barbell Blast	8:30-9:15 a.m.	1
Seniors of Steel+	9:15-10 a.m.	2
Spin	9:15-10 a.m.	3
Extreme Fit	9:30-10:15 a.m.	CA
Yoga Sculpt	9:30-10:30 a.m.	1
Pilates Level 2 & 3	10:15-11 a.m.	2
Pilates Level 1	11-11:45 a.m.	2
Functionally Fit	12-1 p.m.	2
Zip Fit	12-12:30 p.m.	1
Restorative Yoga	4-4:45 p.m.	2
Body Blast	5-5:45 p.m.	1
Yoga for Athletes	5:30-6:30 p.m.	2
Boxfit	5:30-6:30 p.m.	BS
Strong by Zumba*	5:45-6:45 p.m.	1
Rhythm Ride*	5:45-6:30 p.m.	3
Boxfit	6:30-7:30 p.m.	BS
Zumba	6:45-7:45 p.m.	1
Core Barre	6:45-7:30 p.m.	2

THURSDAY

CLASS	TIME	LOCATION
Sunrise Spin	5-5:45 a.m.	3
More than Core	5:45-6:15 a.m.	BS
Spin	8:30-9:15 a.m.	3
Alignment-Based Yoga	9-10:15 a.m.	2
On The Ball	9:15-10 a.m.	1
Ultimate Tread	9:30-10:15 a.m.	T
Boxfit	9:30-10:30 a.m.	BS
Zumba	10:15-11 a.m.	1
Vinyasa Yoga	10:30-11:30 a.m.	2
Functionally Fit	12-1 p.m.	2
Kettlebell	5:15-6 p.m.	1
Yoga Sculpt*	5:30-6:30 p.m.	2
Hard Core Spin	5:45-6:30 p.m.	3
Yin Yoga*	6:45-7:30 p.m.	2

(starts Sept. 13)

TUESDAY

CLASS	TIME	LOCATION
Sunrise Spin	5-5:45 a.m.	3
More than Core	5:45-6:15 a.m.	BS
Video Spin	8:30-9:15 a.m.	3
Turbo Step	9-9:45 a.m.	1
Vinyasa Yoga	9-10 a.m.	2
Ultimate Tread	9:15-10 a.m.	T
Boxfit	9:30-10:30 a.m.	BS
On The Ball Training	10-10:45 a.m.	1
Yoga for Athletes	10:15-11:30 a.m.	2
Zumba	5-5:45 p.m.	1
Vinyasa Lite	5:30-6:30 p.m.	2
Outdoor Bootcamp*	5:45-6:30 p.m.	Track
Kettlebell	5:45-6:30 p.m.	1
Pilates	6:45-7:30 p.m.	2
Ultimate Tread	6:45-7:30 p.m.	T

FRIDAY

CLASS	TIME	LOCATION
ATAC	6-6:45 a.m.	CB
Gentle Hatha Yoga	7:45-9 a.m.	2
Barbell Blast	8:30-9:15 a.m.	1
Spin	9:15-10 a.m.	3
Body Blast	9:30-10:15 a.m.	1
Fitness Pilates	9:15-10 a.m.	2
Hatha Yoga	10:15-11 a.m.	2
Zip Fit	12-12:30 p.m.	1
Hatha Yoga	4-5 p.m.	2
Zumba	5:30-6:30 p.m.	1

Studio Key

Studio 1 (Cardio/Strength Studio) = 1

Studio 2 (Mind/Body Studio) = 2

Studio 3 (Spin Studio) = 3

Boxing Studio = BS

Court A=CA

Court B= CB

Plexfit (Purmotion System) = PLEX

Treadmills = T

Track

*Denotes time/class change

WEDNESDAY

CLASS	TIME	LOCATION
ATAC	5-5:45 a.m.	Court B
Gentle Yoga	7:45-9 a.m.	2
Group Strength	8:30-9:15 a.m.	1
Seniors Of Steel+	9:15-10 a.m.	2
Spin	9:15-10 a.m.	3
Zumba	9:15-10 a.m.	1
Yoga Sculpt	10-11 a.m.	1
Pilates Level 2 & 3	10:15-11 a.m.	2
ATAC	10:15-11 a.m.	PLEX
Pilates Level 1	11-11:45 a.m.	2
Functionally Fit	12-1 p.m.	2
ZipFit	12-12:30 p.m.	1
Body Blast	5-5:45 p.m.	1
Mat Pilates	5:30-6:15 p.m.	2
Boxfit	5:30-6:30 p.m.	BS
Rhythm Ride*	5:45-6:30 p.m.	3
Zumba	5:45-6:45 p.m.	1
Vinyasa Yoga	6:30-7:30 p.m.	2
Boxfit	6:30-7:30 p.m.	BS

SATURDAY

CLASS	TIME	LOCATION
Spin	7-7:45 a.m.	3
ATAC	8-9 a.m.	CB
Fitness Pilates	8-8:45 a.m.	2
BoxFit	9-10 a.m.	BS
Alignment-Based Yoga	9-10:15 a.m.	2
Step & Sculpt	9:15-10:15 a.m.	1
Yoga Sculpt	10:30-11:30 a.m.	2
Body Blast	10:30-11:15 a.m.	1

SUNDAY

CLASS	TIME	LOCATION
On The Ball	8:30-9:15 a.m.	1
Spin	9-9:45 a.m.	3
Zumba	9:30-10:30 a.m.	1
Hatha Yoga*	10-11 a.m.	2



Rush Copley Healthplex Fitness Center

Fitness Classes

Athletic Training and Conditioning (ATAC)

High intensity, interval training with intense cardio moves in a circuit format.

Barbell Blast

A whole body barbell workout which will strengthen all major muscle groups.

Body Blast

Torch calories and build strength with variable intensity training.

Bootcamp

Join us as we power through a high intensity cardio and strength workout either inside or outside (depending upon the weather).

- Outdoor Bootcamp: Held outside, weather permitting.

Box Fit

This is a fun, fast-paced, high energy class that introduces members to all the stations of a boxer's training regimen. Gloves and hand wraps are provided. (We recommend bringing your own wraps or purchasing wraps from the front desk).

Core Barre

Elements of ballet, Pilates and yoga combine for an endurance workout using isotonic and isometric contractions to work both small and large muscle groups. Create a sculpted upper body, firmer thighs and a lifted seat.

Extreme Fit — 45 minutes

Intense cardio and strength class that is sure to challenge you to the "Extreme."

Functionally Fit

Improve range of motion, strength, flexibility and cardio fitness in this low intensity class.

Group Strength

Full body strength workout with weights, barbells, tubing, etc.

Kettlebell — 45 minutes

Strength and cardio full body workout using kettlebells.

More than Core

A focus on core and variety of upper body strength exercises to tighten and tone. The use of weights, equipment and functional moves will push you to your limits and rock you to your core. Let's get chiseled!

On the Ball — 45 minutes

Focus on strength, balance and core training utilizing stability or ballast balls and resistance equipment.

Seniors of Steel — 45 minutes

Build strength and increase your balance, endurance, flexibility and bone mass in this class designed specifically for seniors+ class will incorporate light cardio.

Rhythm Ride

Get ready for a party on the bike to the beat of the music! High energy class with upper and lower body work.

Spin — 45 minutes

Indoor cycling class for cardio endurance. Instructors use visual imagery and motivational music so each ride is a new adventure.

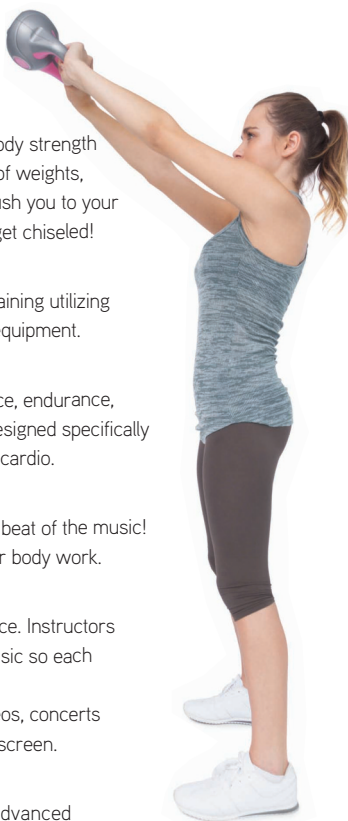
- Video Spin: Incorporate music videos, concerts and scenic routes on a projection screen.

Step & Sculpt

A cardio and strength workout with advanced choreography and strength intervals.

Strong by Zumba

High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout.



Turbo Step — 45 minutes

A high intensity cardio workout with advanced step choreography.

Yoga Sculpt

Yoga flow with light weights to build endurance, strength and flexibility. Please bring your own yoga mat.

Yoga Body Bootcamp

Combines Vinyasa yoga with bootcamp style intervals of strength and cardio for an intense workout. Please bring your own yoga mat.

Ultimate Tread — 45 minutes

A cardio class to improve your endurance and speed. A great workout for walkers and runners alike.

Zip Fit — 30 minutes

Strength and cardio combined for a quick workout.

Zumba

Fuse hypnotic Latin rhythms and easy to follow dance moves for a fun, energizing cardio workout.

Mind/Body Classes

Alignment Based Yoga

This class focuses on correct alignment of the yoga postures, and is appropriate for those new to yoga, as well as experienced yoga practitioners. Variations and modifications of the postures will be offered to suit the needs of all levels so that all students can work to their own potential.

Hatha Yoga

A basic introduction to yoga postures. Focus on alignment and breath.

- Gentle Yoga: A 75-minute, calming practice. Focus on breath and basic yoga postures.
- Yoga for Athletes: A focused, body awareness practice. Build strength, flexibility and range of motion.

Mat Pilates — 45 minutes

A low-impact workout to stretch, strengthen and lengthen the entire body with an emphasis on technique and core muscles.

- Level 1: This class covers the basic fundamentals of Pilates mat work.
- Level 2&3: Classes are performed at a faster pace. Incorporate light weights, foam rollers and the Pilates ring and ball.
- Fitness Pilates: Open to all levels. Mat Pilates principles fuse with various equipment for a full body, low-impact workout.

Pilates Roll and Release

Pilates core work incorporating all the benefits of myofascial release using foam rollers. A gentle yet effective way to heal overworked muscles, eliminate painful knots, challenge your balance and correct postural imbalances.

Restorative Yoga

Use blocks, bolsters and other props to support your body in passive poses to bring relaxation and deep stretching.

Vinyasa Yoga

A fluid, movement-intensive practice that links breath with movement. Leave class feeling stronger, longer and refreshed.

- Vinyasa Lite: This is for the new member or experienced member who would like to learn Vinyasa Yoga movements at a slower pace with the instructor helping with proper form.

Yin Yoga

Relaxing, slow-paced restorative postures designed to work deeper connective tissues. Expect soft music, low light and (if you choose) gentle assists or massage to help you de-stress and find your bliss.

All classes 60 minutes unless otherwise noted.



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