




## LAND GROUP EXERCISE SCHEDULE

*Effective April 2011 – June 2011*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">10:00 Group Strength L2/3 (See channel 900)</p> <p style="text-align: center;">1:30 Group Strength L1 (Club House)</p> 	<p style="text-align: center;">8:30 Balance L2/3 (Auditorium)</p> <p style="text-align: center;">9:00 Balance L1 (Wellness Center)</p> <p style="text-align: center;">9:00 Aerobics L3 (Auditorium)</p> <p style="text-align: center;">10:00 Aerobics L2 (Auditorium)</p> <p style="text-align: center;">10:30 Chair Aerobics L1 (Auditorium)</p> <p style="text-align: center;">11:00 Tai Chi L1/2/3 (Club House)</p> <p style="text-align: center;">1:00 Chair Yoga L1/2/3 (Clubhouse)</p>	<p style="text-align: center;">10:00 Group Strength L2/3 (See channel 900)</p> <p style="text-align: center;">1:30 Group Strength L1 (Club House)</p> 	<p style="text-align: center;">8:30 Balance L2/3 (Auditorium)</p> <p style="text-align: center;">9:00 Balance L1 (Wellness Center)</p> <p style="text-align: center;">9:00 Aerobics L3 (Auditorium)</p> <p style="text-align: center;">9:30 Core Strengthening L2/3 (Auditorium)</p> <p style="text-align: center;">10:00 Gentle Aerobics L2 (Auditorium)</p> <p style="text-align: center;">10:30 Chair Aerobics L1 (Auditorium)</p>	<p style="text-align: center;">10:00 Group Strength L2/3 (See channel 900)</p> <p style="text-align: center;">1:30 Group Strength L1 (Club House)</p> 

## ***LAND EXERCISE CLASS DESCRIPTIONS***

**Aerobics (Level 2)**- Join this class to improve your stamina! This class incorporates standing aerobic exercises. You'll love this light exercise format that has just the right amount of movement. You'll feel better and have more energy all day and all week. 20-minute class.

**Aerobics (Level 3)**- An aerobic exercise class that incorporates choreographed aerobic movement set to the beat of music. Class format may vary with instructor, but typically includes 30-minutes of aerobics conditioning and 25 minutes of core strengthening.

**Balance (Levels 1 & 2/3)**- These classes incorporate exercises to improve your confidence in your balance. Expect your balance, stability, and agility to improve after consistently attending this class. Exercises include practical movements associated with everyday activities. 30-minute class

**Chair Aerobics (Level 1)**- This class is done seated in a chair and includes aerobic movement such as marching, kicking, and more. The class incorporates upper and lower body exercises along with functional movements. 60-minute class

**Chair Yoga (Level 1/2/3)**- This class incorporates stretching and strengthening yoga postures while seated in a chair. There are modifications for every ability. There is a focus on deep breathing exercises and meditation for relaxation. 60-minute class

**Group Strength (Levels 2/3)**- These classes will make you stronger by participating in a variety of simple, easy to understand strength exercises. You'll get a complete workout using all major muscle groups. Dumbbells, bands, and ankle weights are used to make the most of your time. Includes both seated and standing exercises. 30-45 minute class

**Group Strength (L1)**- This 30-minute class incorporates easy-to-follow strength exercises through the use of body weight and resistance bands. The class is primarily done in a seated position with occasional standing exercises.

**Tai Chi (Level 1/2/3)**- This is a gentle and relaxing class designed to reduce stress, improve balance and concentration, while promoting a feeling of well-being. This class is excellent for people trying Tai Chi for the first time and for those who are interested in improving their balance. 60-minute class

**Information Line X3567**

