



# FITNESS CLASSES



## MONDAY

- 9AM..... DANCE CARDIO
- 6PM..... BOOTCAMP
- 7PM..... FLEX & FLOW

## TUESDAY

- 8:30AM..... CORE & MORE
- 11AM..... YOGA
- 4:30PM..... STRENGTH & FLOW - CHAIR EDITION

## WEDNESDAY

- 8:15AM..... PILATES
- 6PM..... CORE & MORE

## THURSDAY

- 8:30AM..... CORE & MORE
- 5PM..... STRENGTH & FLOW - CHAIR EDITION
- 6PM..... STRENGTH & FLOW

## FRIDAY

- 9AM..... DANCE CARDIO

### PILATES

Pilates focuses on improving flexibility, strength, and body awareness through controlled movements. Amy is offering her style of teaching Pilates which she sometimes calls, Amylates. She teaches Pilates Mat, remaining true to the 6 principles of Pilates: concentration, control, centering, breath, precision, and flow of movement.

### BOOTCAMP

Bootcamp is a circuit-style, full-body workout with timed rest periods. This class taps into both strength and conditioning using bodyweight, weights, bands, and other tools for a fun & sweaty workout. All moves can be modified & you can go at your own pace in the time allotted. Great for intermediate to advanced levels of fitness.

### FLEX & FLOW

Flex & Flow is a full-body workout that utilizes your body weight to improve your mobility & flexibility. It feels like yoga, but with more focus on functional movement patterns and accessing better ranges of motion in your joints. Expect to leave this class being able to move better and with less stiffness. Great for all levels of fitness.

### STRENGTH & FLOW

Strength & Flow is a full-body workout packed with strength, stability, and mobility exercises using weights, body weight, and bands to encourage movement and improve strength. This class is great for building strong foundations, improving basic movement patterns, and challenging yourself with some non-traditional exercises. Great for all levels of fitness.

### STRENGTH & FLOW - CHAIR EDITION

Strength & Flow Chair Edition provides all the benefits of traditional Strength & Flow but with the assistance of a chair! This class is great for building strong foundations, improving basic movement patterns, and challenging yourself with some non-traditional exercises. Great for all levels of fitness, especially beginners, and those with limited mobility or those who feel more comfortable with chair assistance during exercise.

### DANCE CARDIO

Dance Cardio is a combination of movements incorporating various styles of dance combined with different genres of music. This class will get your heart rate up while you enjoy moving with others and listening to your favorite songs. No dance experience is needed, just a love for music and a desire to move! Other benefits from dancing include increased coordination, flexibility, endurance, muscle tone & strength, sharpening the mind, and boosting overall mood!

### YOGA

This class is a 1-hour flow yoga open to all fitness levels utilizing standing and seated poses with modifications, blocks, and blankets to improve balance, strength, and flexibility. Each class will end with 5 minutes of meditation.

### CORE & MORE

Core & More gives you a full-body workout focusing on strength, conditioning, balance, and confidence by utilizing light dumbbells, stability balls, and steps. Great for all levels of fitness.

### SPEED STICK

The SuperSpeed Stick Clinic is a 6-week program aimed to improve club head speed. This isn't a typical fitness routine, overspeed training is performed by utilizing 3 different weighted clubs called "speed sticks." Overspeed training allows the body to swing faster than normal and after 6 weeks this transfers over to faster club head speeds on an average of 5% when using your normal clubs.

Should you have additional questions, please contact Sabrina Lewis, Activities Director & Fitness Center Manager, at [slewis@riverlanding.com](mailto:slewis@riverlanding.com).