



FITNESS CLASSES



MONDAY

9AM DANCE CARDIO

6PM BOOTCAMP

7PM YOGA

TUESDAY

8:30AM CORE & MORE

4:30PM STRENGTH & FLOW - CHAIR EDITION

WEDNESDAY

8:15AM PILATES

5:45PM CORE & MORE

THURSDAY

8:30AM CORE & MORE

10AM YOGA

5PM STRENGTH & FLOW - CHAIR EDITION

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.

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

Yoga is structured to challenge not only the body but the mind! This all-levels Vinyasa Flow is fun, playful and a place to connect with the breath! Come enjoy a nice blend of fluid movement, deep stretching, strength building, and balance. You'll learn how to cultivate mindfulness on and off your mat! Expect to leave this class feeling renewed with a strong mind body connection to last the rest of your day!

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.

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.

Should you have additional questions, please contact Sabrina Lewis, Activities Director & Fitness Center Manager, at slewis@riverlanding.com.