FITNESS CLASSES

MONDAY

9AM	DANCE CARDIO
10:15AM	YOGA
4:15PM	STRENGTH & FLOW - CHAIR EDITION
5:30PM	BOOTCAMP

TUESDAY

8:30AM	CORE & MORE
5:30PM	CARDIO TONING

WEDNESDAY

8:15AM	PILATES
4PM	CORE & MORE

THURSDAY

8:30AM	CORE & MORE
9:45AM	YOGA
4:15PM	STRENGTH & FLOW - CHAIR EDITION
5:30PM	CARDIO TONING

FRIDAY

9AM	DANCE CARDIO

Class dates and times are subject to change.
Be sure to check the calendar on www.riverlanding.com/fitness-center before attending class for any last minute changes or cancellations.

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.

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.

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!

CARDIO TONING
Cardio Toning is a great way to get your heart pumping. It combines a variety of exercise equipment such as weights, bands, and balls along with cardio to make your exercise experience both productive and fun! If you enjoy a workout that strengthens several parts of the body, this will be a perfect class for you!

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

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