

**BREMERTON TENNIS & ATHLETIC CLUB**

Land Fitness Schedule

**Effective January 2, 2012**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	<b>Spin</b> 6:00-7:00am <b>Scott</b>	<b>Power Yoga</b> 6:00-7:00am <b>Sarah</b>	<b>Spin</b> 6:00-7:00am <b>Scott</b>		
	<b>Zumba</b> 7:45-8:45am <b>Eva</b>		<b>Zumba</b> 7:45-8:45am <b>Eva</b>	<b>Yoga</b> 7:45-8:45am <b>Lori</b>	<b>Zumba Toning</b> 8:30-9:30am <b>Karla</b>
<b>Zumba</b> 9:00-10:00am <b>Karla</b>	<b>Kid Sport Fit</b> 9:15-10:00am 10:15-11:00am <b>Katrina</b>	<b>Step &amp; Pump</b> 9:00-10:00am <b>Donna</b>	<b>Yoga</b> 9:00-10:00am <b>Sarah</b>		<b>Yoga</b> 9:35-10:35am <b>Judy</b>
<b>SilverSneakers®</b> <b>MSROM</b> 10:45-11:30am <b>Lori &amp; Misty</b>		<b>SilversSneakers®</b> <b>MSROM</b> 10:45-11:30am <b>Lori</b>	<b>Rep Reebok</b> 10:15-11:00am <b>Misty</b>	<b>SilverSneakers®</b> <b>Cardio Circuit</b> 10:45-11:30am <b>Lori</b>	
	<b>YogaStretch®</b> 11:45-12:30am <b>Lori</b>				
			<b>Kid Sport Fit</b> <b>Early Release</b> 2:30-3:15pm 3:15-4:30pm <b>Katrina</b>		
<b>Yoga</b> 4:30-5:30pm <b>Judy</b>	<b>Ab Attack</b> <b>Core Conditioning</b> 4:30-5:15pm <b>Misty</b>	<b>Yoga</b> 4:30-5:30pm <b>Sarah</b>	<b>Ab Attack</b> <b>Core Conditioning</b> 4:30-5:15pm <b>Misty</b>		
<b>REP Reebok</b> 5:45-6:45pm <b>Misty</b>	<b>Stability Ball</b> <b>Balance &amp; Strength</b> 5:30-6:15pm <b>Misty</b>	<b>REP Reebok</b> 5:45-6:45pm <b>Amber</b>	<b>Spin</b> 5:30-6:30pm <b>Eric</b>		
<b>Zumba</b> 7:00-8:00pm <b>Angela</b>		<b>Zumba</b> 7:00-8:00pm <b>Krella</b>	<b>Zumba</b> 7:00-8:00pm <b>Tricia</b>		

## Land Fitness Class Descriptions

**STEP & PUMP:** A interval class using the step and weights. The first half of the class will use basic step combinations, the second half will focus on sculpting utilizing a variety of weights, bands and other resistance equipment.

**REP REEBOK:** REP Reebok uses periodized training, which rotates training through endurance, strength, and power cycles. These workouts stay fresh without frustrating training plateaus. Reebok has designed this group strength program that uses dumbbells and barbells.

**YOGA:** Derived from the schools of Hatha yoga and flow from posture to posture. Classes will enhance muscle endurance, flexibility, core stability, and stress management. All levels welcome.

**SPIN:** A popular non-impact alternative of aerobic training led by instructor on stationary Keiser bikes. Easily adapted to a variety of fitness levels because each participant controls his/her own intensity. All levels welcome.

**SILVERSNEAKERS®MSROM:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SILVERSNEAKERS®Cardio Circuit:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**YOGA STRETCH®:** YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement and a final relaxation will promote stress reduction and mental clarity.

**ZUMBA®:** Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. The training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

**POWER YOGA:** Based on Ashtanga Yoga the focus of this class is on strength and flexibility flowing from pose to pose with an emphasis on strengthening the core. All levels welcome.

**ZUMBA TONING®:** Blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength training class.

**AB ATTACK:** Focus on strengthening your abdominal and lower back muscles helping you to improve your posture and core strength.

**STABILITY BALL BALANCE & STRENGTH:** A non-impact class using a stability ball to improve balance, core strength and flexibility.

**BTAC KID SPORT FIT:** A new program designed to develop basic fitness skills and improve student health and readiness to participate in sports. The non-competitive class will focus on ball handling skills, creative movement, increasing flexibility and a variety of fun games and activities.

**PreSchool:** Kids in this class will run, throw and move to increase physical fitness and develop motor skills. Social skills of teamwork and listening to direction will be developed through music and games. Parents are welcome to participate.

**Early Release:** Kids in this afterschool class will burn off some energy through a variety of games and activities, ball and racquet handling skills, and be exposed to Yoga, Zumba, swimming and more. Students may register for one or both sessions.