


## Water Workouts Water Workouts

☼ All Pool classes (except youth classes) are gentle classes.  
Gentle Punch card 16 classes - \$40.00 member and Nonmember  
(See other options under Cost Information)

 Party in the Pool! Fun ZUMBA moves and music blended with traditional Aqua formats! All levels!

**AQUA Fit** – Cardio & strength moves for upper and lower body

**AQUA KIDS:** ☺ Work out with your kids! A fun class for kids ages 5 – 13 and an adult. (The adult does not need to be in the water but needs to be present for supervision.) **(\$1 drop in!)**

**Aqua Sculpt:** 40 minutes of toning in the water! – Saturdays

**Aqua Sprint:** 30 min. of run/walk cardio offered early Morning!

**Aqua Survivor:** in conjunction with the Hult Center, join Kathy for a gentle class. We welcome all, but class is free to cancer survivors & caretakers!

**POOL WORKOUT /GENTLE POOL:** Specifically designed to increase balance, range of motion and strength & endurance

**Youth Swim School:** ☺ Beginning swim lessons on Monday afternoons and Saturday mornings.

10 week session - \$32 mem /\$48 non – space is limited

### MONDAY

9:00-9:40 am Aqua Survivor –Kathy

1:00-1:40 pm-Pool Workout- Carol

1:40-2:20 pm-Gentle Pool – Mary

4:00-4:30 pm- Youth Swim School

4:30-5:00 pm Youth Swim School

5:30-6:10 pm AQUA ZUMBA – Patty & Kristi

### TUESDAY

8:20-9:00 am –AQUA ZUMBA – Patty

10:30-11:10 am –Pool Workout –Amy Free for Members

6:15-6:55pm – AQUA Fit – Kathy

### WEDNESDAY

5:40-6:10 am – AQUA Sprint – Joelyn

1:00-1:40 pm-Pool Workout- Carol

1:40-2:20 pm-Gentle Pool – Mary

5:30-6:10 pm AQUA ZUMBA – Patty

### THURSDAY

8:20-9:00 am –AQUA ZUMBA – Mary

10:30-11:10 am – Pool Workout – Amy

5:30-6:00 pm AQUA Kids - Kathy

6:15-6:55pm – AQUA Fit – Kathy

### FRIDAY-

5:40-6:10 am – AQUA Sprint – Joelyn

10:30-11:10 am –Gentle Pool – Mary

### SATURDAY

8:20-9:00 am –AQUA ZUMBA Patty & Kristi Free for Members!

9:00-9:45 AM AQUA Sculpt – Joelyn

10:00-10:30 am – Youth Swim School

10:30-11:00 am – Youth Swim School

**BOOT CAMP with Amy Bomarito:** NEW! a challenging full body workout with a combination of strength, resistance and cardio  
**CORE STRENGTH** –Whittle your middle and strenghten your core – use a wide variety of equipment in circuit style –

**Kettlebell Core** ,develop, power, stability, flexibility, balance, and agility – 30 minutes of Kettlebell moves & Pilates strength

**Kettlebell Kick:** TurboKick, Kettlebells, Abs & stretch equals 75 minutes of Total body transformation.

**Low-Impact:** Basic, easy to follow moves either on the floor or step followed by muscle conditioning & flexibility training. ☼

**Morning Excursion:** A variety of class formats including: cardio, strength, interval, and circuit work. ☼Great for Beginners!

**Powerflex:** Group weight training using a variable weight barbell and hand weights. The class begins with a warm-up & then focuses on every major muscle group, ending with abs & stretch.**Power Plus:** may also include additional equipment

**FULL BODY BLITZ:** a 45 minute calorie torching circuit –

15 min upper body, 15 min lower body / 15 min abs & a final stretch

**RIPPED** – Resistance, Intervals, Power, Plyometrics, Endurance and Diet –Rev up your metabolism, burn calories build muscle.!

**STEP WORKOUT:** A high energy STEP class followed by Powerflex

**SPINNING:** group cycling classes designed

for all fitness levels. Don't forget a towel & water bottle!  
(also see SPINNING Fusion)

**SPINNING Fusion** – ☼45 min of SPIN followed by intense strength, endurance and flexibility training

**SPRING TRAINING** - Improve balance, agility, speed and coordination while getting a great cardio workout! (This is an advanced workout, expect to sweat and move beyond your comfort zone(Meets in Gym)



**TurboKick:** Kick, punch, & groove calories away in this fun effective cardio workout.

## Mind and Body

Quiet the chatter of daily life, relieve stress and feel great.

**Guided Relaxation:** quieting the mind with meditation can improve your health. Learn how to focus and relax using simple mental exercises ☼

**Happy Hour Yoga:**End your week with an energizing yoga flow

**Pilates** Basic. Pilates moves to improve core strength, flexibility, balance posture, & develop body awareness. ☼\*

**Tai Chi:** Meditation in motion. slow, graceful movements with breath and relaxation.. ☼ **Tai Chi (Beginning):** Further breakdown of movements

**Yoga Level 3:** Invigorating active flow class.strength, balance, flexibility & rest.

**Yoga Level 2:** Beginner friendly classic yoga postures to restore and maintain a healthy spine☼

**Yoga Level 1 (Gentle):** Mild, slower-paced stretches for those seeking restoration and relaxation. Chair modifications are available☼

**Yoga & Tumble Kids** –Flexible fun for kids ages 3 & up  
Purchase a Kids punch card – 10 classes for \$15

**Yogilates** – Certified Yo gilates instructor Cheryl Koenig leads this Pilates and Yoga fusion class – 45 minutes on Fridays at 1:00 PM☼



**ZUMBA:** combines fun, easy-to- follow dance steps with hot Latin beats to help you shed pounds and inches fast!

**ZUMBA Toning (ZT):** Additional moves focus on building upper body strength using light weight toning sticks. ~all levels!

**ZUMBA Toning Gold**☼, Easy to follow and fun! Toning Build strength as you learn Basic Zumba steps

**ZumbAtomic** ☺ ZUMBA for kids age 4 and up (Purchase a Youth Punch Card – 10 classes for \$15 mem & non)  
Parents are welcome to accompany their kids but not mandatory.

Call for info on booking your scout troop, field trip or a Birthday Party **also see - AQUA ZUMBA!**

### ~COST INFORMATION & RULES~

#### 1. GYM MEMBERS:: Best Value!

Add classes to your membership -

Purchase an unlimited class pass! –one low payment of \$100 for 1 year or \$60 for 6 months..

Also available GENTLE class passes for members interested in low impact classes

2. **Purchase a punch card.** 10 class punch card \$50 nonmember / \$20 member ~

(a punch card will NOT guarantee you a spot in class.  
Gentle Only Punch Card (16 classes  
Kids Punch Card (10 classes \$15)

4. **Drop in to a class:** \$6 nonmember / \$3 member (1/2 hour class & ALL Gentle classes \$3 non / \$2 mem )

5. **CLASS ONLY memberships are available.**

\$25 per month contract or \$250 pay in advance.

GENTLE class only memberships \$200 pay in adv.

See a membership coordinator for more info.

\*GYM access, including locker room, track, etc are available ONLY to Health Club members with the exception of pool/early morn & noon classes.

☼ Indicates GENTLE Low Impact classes

- \*Please notify your instructor of any physical or medical limitations.
- \*Classes and instructors are subject to change
- \*Child care is available to members & non – call (685-8200) for information
- \*Must be 13 years or more to attend class. Unless specified. *Younger children may attend if accompanied by an adult & at the discretion of the instructor.*



3225 N. Dries Lane, Peoria, IL 61604  
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[www.landmarkrec.com](http://www.landmarkrec.com)

# Group Fitness

## Class Schedule

March 19 – May 27, 2012

10 WEEKS



**Saturday,  
April 21, 2012  
Landmark goes  
PINK!  
Class OPEN House &  
ZUMBATHON  
for the Cause!Mark**