



Group Exercise

10 WEEK



Fitness Class Session

August 9-October 17, 2010

www.landmarkrec.com

3225 N. Dries Lane, Peoria, IL 61604 ~ 309-685-8200 ~Group
Fitness Program Director ~ Kristi DeJarld 685-9546

Sept. 6 ~LABOR DAY ~ 9:15-10:30 am only class available

AQUA FIT / AQUA SURVIVOR- See Pool workouts

BURN & BUILD: Burn fat and build muscle. Free weights, kettlebells, bands, balls & more will be utilized in this fun interval workout! **With Amy & Jerri**

CORE & MORE- challenge your Core & More, as you build strength and flexibility,! **Get a great AB workout** – (all classes are ½ hour)

DANCE PARTY & ABS – TurboKick and old school follow along aerobics to rockin' music followed by Abdominal workcreates an awesome 90 min of fast moving fun!

Gentle Class Options- See Gentle Yoga, Low Impact, Morning Excursion, Pilates, ZUMBA GOLD, and Pool , Improve balance, flexibility and cardiovascular endurance in gentile classes designed for all ages and fitness levels. Mem& non drop in for only \$2 or purchase a punch card \$30 for 16 classes
Or- call us about the great non-member unlimited class rate that includes ALL the GENTLE classes on our schedule. Only \$150 for one year class membership!

KETTLE BELL CLASSES: The Kettle bell creates a dynamically fluctuating resistance giving you a total body workout .(**Arrive at least 10 minutes EARLY for your first class.**)

KETTLE BELL & BREATHE: TurboKick, Kettle bell, Abs & stretch equals 75 minutes of Total body transformation!

KETTLEBELL CIRCUIT – Interval work incorporates Kettlebells and a variety of equipment

KICK MY ABS – New! Join Jenni on Thursday evenings for Core Work that will whittle your middle and define your abs! (Also see Core & More)

LOW-IMPACT: Basic, easy to follow moves either on the floor or step followed by muscle conditioning and flexibility training. Mem & non Punch Card - \$30 for 16 classes or \$2 drop in

MORNING EXCURSION – A variety of class formats including cardio, strength, interval & circuit work. A great way to start your morning! Mem & non Punch Card - \$30 for 16 classes or \$2 drop in

PILATES: A series of fundamental and advanced matwork. Pilates moves will improve your core strength, flexibility, balance and posture as well as develop a body awareness that will spill over into every other workout (½ hour classes = ½ cost! – for 10 wks – 1x wk \$7.50 mem / \$20 non 2x \$15 mem / \$40 non) (also see PIYO & Core)

PIYO – Piyo is a fusion of Pilates and Yoga – challenging your core while building strength & flexibility. (also see Yoga/Pilates & Core)

POOL WORKOUTS: Our pool classes are designed to increase balance, range of motion and strength. The water is the perfect place for those new to exercise, pre or post natal, or those who suffer from joint pain. Pool classes are also discounted from all other classes! (Inquire about our unlimited nonmember pass!)

AQUA FIT – evening & Saturday classes! simple moves provide cardio & strength! build strength and burn calories! **Cost for 10 classes \$12.50 members / \$25 nonmembers Cost for 20 classes \$25.00 members / \$50 nonmembers OR** – best value: Purchase an UNLIMITED class pass \$150 for one year

Aqua Survivor Class – in conjunction with the Hult Center, Join Kathy for a gentle class –welcome to all, but FREE to all Cancer Survivors & caregivers

POWERFLEX - Group weight training that is both effective and fun! Each participant uses a variable weight barbell that can be adjusted from 3 to 60 pounds, as well as hand weights. The class begins with a warm-up and then focuses on every major muscle group, ending with abs and a stretch.

POWERFLEX CIRCUIT – a weight training interval class using PowerFlex equipment and also incorporating other equipment such as bands, kettlebells, etc.

PRESCHOOLPOWER- A fun workout for your toddler – wiggle & giggle with Amy! Ages 3 & up **This class begins Sept. 14** (members & nonmember \$1 per class)

SPINNING - Spinning classes are non-competitive group cycling classes designed for all fitness levels. Don't forget a towel and water bottle!

SPIN & SCULPT- Join Lynne on Mon/Wed mornings for a fusion of Spinning & Sculpting. (Classes may be taken separately – however – SPIN class will not include a cool-down & stretch & Sculpting will not include a warm-up track – so be sure to warm-up prior to class or ask instructor for advice on how to cool down after Spin.)

SCULPTING- Define & Tone your muscles in this 40 strength workout – Come to class warmed up! (see above note)

STEP WORKOUT: A fun 30 minute Step class followed by a PowerFlex Circuit class. *If you choose to attend Powerflex only – please warm up prior to class*

THREE / TWO / ONE: 3 min strength / 2 min of cardio / 1 min abs ~Join Amy for very efficient, effective cardio & strength circuits.

TAI CHI – The slow moving series of circular movements in Tai Chi have been proven to improve circulation, balance, range of motion and strengthen the joints. All ability levels will benefit from these healing movements. Those who practice Tai Chi are likely to get stronger, have less anxiety and move more gracefully.

BEGINNING TAI CHI – offered on Thursday mornings.

TURBOKICK - TurboKick is kickboxing and more. You will kick, punch and groove calories away in this action-packed, super fun, and effective cardio workout.

TURBO-CIRCUIT – TurboKick with intervals of weight training **TURBO ROULETTE-** TurboKick with intensive strength training using various equipment – arrive 10 minutes early – “what happens in class...stays in class” ☺

YOGA – Fitness yoga poses focus on strength, conditioning and flexibility . (Also see PIYO & Core)

GENTLE YOGA – a gentle approach to yoga-, offering many modifications to accommodate all levels.

YOGA KIDS – Flexible fun for your toddler ages 3 and up. 30 minutes of playful stretching, yoga, and relaxation! (members and nonmembers ONLY \$1 per class)

HAPPY HOUR YOGA – traditional Yoga with Kandy, a great way to end your work week – and begin the weekend!

YOUTH SWIM SCHOOL : Beginning lessons offered Mon & Sat / 5 lessons \$20 members / \$30 nonmembers –class sizes limited to 4 children **begins after Labor Day**

ZUMBA - This is the most fun you'll ever have working out! Zumba is a mixture of body sculpting moves with easy to follow Latin dance steps. You will utilize the principles of interval training and resistance training with a combination of fast and slow rhythms. **ZUMBA TONING** – Focuses on building upper & lower body strength using light weight toning sticks, Very fun and open to all levels, no previous dance experience required...Join the Party! . (Zumba & Zumba Toning is a combo of both class formats.) **ZUMBA GOLD** – A gentle approach to Zumba, all low impact moves & chair options **GOLD drop in only \$2**

GROUP FITNESS CLASSES ~ COST INFORMATION & RULES

~ for Pool & Gentle classes,– see descriptions~1/2 hour fitness classes are ½ cost-see Pilates pricing~ YogaKids & Fun & Fit only\$1 per class~

- Members Only : Best Value!** Add classes to your membership: purchase an unlimited class pass! **\$100 for 1 year or \$60 for 6 months**
- Register for session 10 weeks :** 1x a week \$15 mem / \$40 nonmember 2 x a week \$30 mem / \$80 nonmember 3 x a week \$45 mem / \$120 nonmember
- Purchase a punch card.** 10 class punch card \$45 nonmember / \$20 member ~ punch cards can be purchased @ front desk - Punch cards do not expire.
(a punch card will NOT guarantee you a spot in class. If this is an issue- register for a specific class to ensure availability.)
- Drop in to a class:** \$6 nonmember / \$3 member (1/2 hour class & Pool drop –in \$3 non / \$2 mem / Get Fit drop in \$2 mem AND nonmember)
 - Please notify your instructor of any physical or medical limitations. (A doctor's slip is required for pregnant women.)
 - All locker room & facilities are available only to Health Club members – with the exception of pool/early morn/ noon classes.
 - Classes are subject to cancellation without minimum participation. Child care is available to members & nonmembers – call the front desk (685-8200) for information & times.
 - Must be 13 years or more to attend class. *Younger children may attend if accompanied by an adult & at the discretion of the instructor.*