## Land Fitness

### Monday
- **9:10 a.m.** | **Vanessa**  
  **Cardio Kick Box** • WS
- **8:50-9:30 a.m.** | **Kim**  
  **Total Body Conditioning** • WS
- **6:30-7:30 p.m.** | **Sarah**  
  **Core & More** • WS
- **6:30-7:30 p.m.** | **Colleen**  
  **Cycle** • CS
- **6:15-7:15 p.m.** | **Vanessa**  
  **Yoga Flow** • WS
- **7:20-8:20 p.m.** | **Marzena**  
  **Yoga Fusion** • WS
- **6:15-7:15 p.m.** | **Sandy**  
  **TRX Circuit** • TRX

### Tuesday
- **9:10 a.m.** | **Jan**  
  **Strong Heart & Body** • Gym
- **9:10 a.m.** | **Jim**  
  **Tai Chi** • CS
- **9:10 a.m.** | **Colette**  
  **Cardio Conditioning** • WS
- **9:10 a.m.** | **Jim**  
  **Tai Chi** • CS
- **10:15-11:15 a.m.** | **Kathy**  
  **Gentle Yoga** • Gym
- **10:15-11:15 a.m.** | **Kathy**  
  **Gentle Yoga** • Gym
- **10:15-11:15 a.m.** | **Kathy**  
  **Gentle Yoga** • Gym
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  **Gentle Yoga** • Gym
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  **Gentle Yoga** • Gym
- **10:15-11:15 a.m.** | **Kathy**  
  **Gentle Yoga** • Gym

### Wednesday
- **8:40-9:30 a.m.** | **Lyn**  
  **Cardio Combo** • WS
- **8:40-9:30 a.m.** | **Lyn**  
  **Cardio Sculpt** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **10-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
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- **10-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **10-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS

### Thursday
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS
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  **Total Body Strength & Stretch** • WS
- **9:45-11 a.m.** | **Lyn**  
  **Total Body Strength & Stretch** • WS

### Friday
- **9-10 a.m.** | **Traci**  
  **Cardio Conditioning** • Gym
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  **Cardio Conditioning** • Gym
- **9-10 a.m.** | **Traci**  
  **Cardio Conditioning** • Gym

### Saturday
- **7-10 a.m.** | **Vanessa**  
  **TRX Strength** • CS
- **7-10 a.m.** | **Vanessa**  
  **TRX Strength** • CS
- **7-10 a.m.** | **Vanessa**  
  **TRX Strength** • CS
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  **TRX Strength** • CS
- **7-10 a.m.** | **Vanessa**  
  **TRX Strength** • CS

### Sunday
- **8-9 a.m.** | **Sara**  
  **Cycle** • CS
- **8-9 a.m.** | **Sara**  
  **Cycle** • CS
- **8-9 a.m.** | **Sara**  
  **Cycle** • CS
- **8-9 a.m.** | **Sara**  
  **Cycle** • CS
- **8-9 a.m.** | **Sara**  
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  **Cycle** • CS
- **8-9 a.m.** | **Sara**  
  **Cycle** • CS

### Land Fitness Descriptions

- **Cardio Conditioning**—Burn calories and increase energy with low impact cardio exercises.
- **Cardio Kick Box**—A traditional cardio kick box class with high-energy combinations of kicks and punches.
- **Cardio Sculpt**—Straightforward cardiovascular and strength conditioning.
- **Core & More**—A resistance training class that targets the abdominal, back, gluteal muscles and MORE.
- **Cycle**—This class has you riding to the rhythm of powerful music, while losing inches and toning muscles.
- **Gentle Yoga**—Gentle stretching and yoga positions to increase flexibility.
- **HIIT**—This interval-based class combines total body strength training with high-intensity cardio bursts.
- **Interval Intrigue**—High-energy class combining full-body strength and cardio bursts through interval training, circuit training and TRX.
- **POUND®**—Sweat. Sculpt. Rock. The world’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

### Step Circuit
- **Combine** step, strength, core and more and you get this class!

### Strength and Stretch
- **A total body strength workout with an extra stretch.**
- Spend the first 45 minutes strengthening all the major muscle groups before cooling down with an extended 30-minute total body stretch.

### Strong Heart and Body
- **This class will strengthen the entire body including the heart using bands, balls, cardio moves, stretching and strengthening.**

### Tabata Boot Camp
- **Minutes matter in this uncomplicated, intense format.**
- Timed intervals of power, agility, cardio, strength and isometric exercises are combined to help achieve goals and push you even further.

### TRX
- **Leverage gravity and body weight to perform exercises that build power and increase strength, flexibility, balance and mobility.**

### Yoga Flow
- **Yoga Flow blends yoga technique with a few aspects of traditional exercises and Pilates movements.**

### Yoga Fusion
- **A mix of traditional yoga poses incorporated with other forms of fitness, such as Pilates or resistance training.**

### Zumba
- **This exhilarating, easy to follow, Latin-inspired, calorie-burning dance fitness-party™ will move YOU!**
Fitness Unlimited &
Fitness Unlimited PLUS

**Aqua Fitness**  Aqua classes are included in Fitness Unlimited and Fitness Unlimited PLUS

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<tr>
<th>Monday</th>
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<td>6:10-7:10 a.m.</td>
<td>Donna Deep Dynamics</td>
<td>6:10-7:10 a.m.</td>
<td>Donna Power Splash</td>
<td>9-10 a.m.</td>
<td>Cyndi Power Splash</td>
<td>6:10-7:10 a.m.</td>
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<td>7:30-8:20 a.m.</td>
<td>Kathy Deep Dynamics</td>
<td>7:30-8:20 a.m.</td>
<td>Kathy Aqua Motion</td>
<td>11-11:50 a.m.</td>
<td>Marzena Aqua Motion</td>
<td>7:30-8:20 a.m.</td>
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<td>9-10 a.m.</td>
<td>Donna Deep Dynamics</td>
<td>9-10 a.m.</td>
<td>Cyndi Aqua Interval</td>
<td>6:10-7:10 a.m.</td>
<td>Donna Deep Dynamics</td>
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<td>6-7 p.m.</td>
<td>Maria Deep Dynamics</td>
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**Schaumburg Tennis Plus Pool: 847/884-0678**

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<tr>
<td>9-10 a.m.</td>
<td>Janice Power Splash</td>
<td>4-5 p.m.</td>
<td>Cheryl Power Splash</td>
<td>9-10 a.m.</td>
<td>Cyndi Power Splash</td>
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<td>11-11:50 a.m.</td>
<td>Marzena Aqua Motion</td>
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<td>5:30-6:30 p.m.</td>
<td>Mary Aqua Motion</td>
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**Aqua Fitness Descriptions**

**Aqua shoes are recommended.** Program participants are encouraged to bring their own towel.

**Aqua Interval**—A cardio workout combined with higher intensity intervals to boost heart rate and burn muscles.

**Aqua Motion**—Easy to follow, low-impact water aerobics combined with range of motion movements for a fun water workout.

**Aqua Step**—A low impact cardio workout in the shallow pool utilizing an aqua step which is used to increase intensity. Class includes strength training with tubes and buoyant dumbbells.

**Deep Dynamics**—This non-impact workout will take you to the depths of your fitness training! Held in the deep water with aid of buoyancy equipment, this workout uses maximum water resistance.

**Power Splash**—A high energy and low impact class performed in shallow water, includes cardio, strength training, and stretching.

**Take advantage of all of our fitness classes with a Fitness Unlimited PLUS membership!**

For information, call 847-490-2505 or visit parkfun.com.