


Wellness Programs  
Landing Y  
Summer 2017

Effective July 3, 2017  
With Exceptions Noted

|            | Monday                      | Tuesday                          | Wednesday                        | Thursday                        | Friday  | Saturday                             |
|------------|-----------------------------|----------------------------------|----------------------------------|---------------------------------|---|--------------------------------------|
| 6am        |                             |                                  |                                  |                                 |   |                                      |
| 7am        | 6:30 - 7:15am<br>HIIT Class | 7:00-8:00am<br>Tai Chi ends 6/20 | 6:30 - 7:15am<br>HIIT Class      |                                 | 6:30 - 7:15am<br>HIIT Class   |                                      |
| 8am        | 7:30-8:15am<br>Circuit 45   |                                  | 7:30-8:15am<br>Circuit 45        |                                 | 7:30-8:15am<br>Circuit 45   | 9:00-10:00am<br>Kickboxing           |
| 9am        |                             |                                  |                                  | 9-10am<br>Pilates               |   | 10:00 - 11:00am<br>Yoga - All Levels |
| 10am       | 10 - 11am<br>Barre Class    | 9:30-10:30am<br>Muscle Time      | 9:30-10:45<br>Gentle Yoga        | 9:30-10:30am<br>Muscle Time     | 9:30-10:30am<br>Barre Class   |                                      |
| 11am       | 11:00-12:00<br>Yogalates    | 11-11:45am<br>Silver Strong      | 11:00 - 11:45am<br>Silver Strong | 11:15am - 12:00pm<br>Chair Yoga | 11am - 12pm<br>LSVT Parkinson's   |                                      |
| 12pm       | 12 - 12:45pm<br>Total Body  | 12-12:45<br>Functional Movement  | 12-12:45pm<br>Total Body         | 12-12:45<br>Functional Movement | 12-12:45<br>Total Body  |                                      |
| 1pm        |                             |                                  |                                  |                                 |   |                                      |
| 2pm        |                             | 1:30-3pm<br>Parkinson's Boxing   | 1:30-3pm<br>Parkinson's Boxing   | 1:30-3pm<br>Parkinson's Boxing  | 1:30-3pm<br>Parkinson's Boxing  |                                      |
| 3pm        |                             |                                  |                                  |                                 |   |                                      |
| 4pm        | 4:00-5:15pm<br>Yoga w/Sue   |                                  |                                  | 4:00- 5:00pm<br>Beginner Yoga   |   |                                      |
| 5pm        |                             |                                  |                                  |                                 |   |                                      |
| 6pm        | 5:30-6:30pm<br>Cardio Dance | 5:30-6:30pm<br>Barre Class       | 5:30-6:30pm<br>Cardio Dance      | 5:30-6:30pm<br>Barre Class      |   |                                      |
| 7pm        |                             |                                  |                                  |                                 |   |                                      |
| <b>Key</b> | Basketball Court            | Aerobics Room                    | Yoga Room                        | Conference Room                 |  |                                      |

Hours: Monday - Thursday 6am-7:30pm  
Beginning June 30: Friday 6am-5pm  
Saturday 8am-12pm