

IWSM CLASS DESCRIPTIONS

Land Fitness Classes

Step It Up!

A high energy, fast pace class designed to condition your cardiovascular system.

Circuit/Pilates Training

This class incorporates both circuit training (alternating cardio with weight training cycles) and Pilates.

Stretching

45 minutes of stress reduction, relaxation techniques and flexibility training.

Silverbelles (Senior Class)

A fun-filled hour of low impact aerobics for ages 50 and older. Dance to oldies as you improve your flexibility, muscle tone, and cardiovascular system.

Step

Using adjustable step height, these classes can be modified for all levels. Designed to improve cardio-vascular conditioning, muscular strength, endurance and flexibility.

The Works

This high intensity class combines intervals of high impact aerobics with step choreography to enhance cardiovascular fitness with shorter intervals of toning exercises using resistive equipment and body weight to improve muscle strength and endurance.

Hustle

This class uses upbeat music to hustle, hip hop, jam to the beat. Put a little rhythm in your workout.

Zumba

This is a Latin dance aerobic fitness class.

Chairobics (Senior Class)

A 30-minute class that incorporates rhythmic exercises in a chair to improve muscular strength and flexibility.

Y.P.T.

Yoga, Pilates and Tai Chi are blended together for a complete body stretch and condition.

piYO

Class is based on the principles of concentration, core stability, control, flow, precision and breathing. It combines both Pilates and Yoga format.

Yoga

Hatha based yoga for beginners. This class focuses on breathing, alignment, & posture. Yoga latté incorporates Pilates.

WOW (Women On Weights)

A 30 minute weight training class designed for women.

Independent Workout

Several workout programs are available at the front desk for individuals to workout independently during the lunch hour.

20-20-20

20 minutes cardiovascular training, 20 minutes total body toning and 20 minutes of abs

Rock & Kick

Kickboxing is incorporated in the cardio segment of this class followed with toning and stretching.

Variety Pack

Each Saturday will have a different class structure according to the instructor scheduled.

Xtreme Fitness

This class will incorporate, drills, interval/circuit stations, obstacle courses...A lot of RUNNING and JUMPING
No coordination required!

Water Fitness Classes

Arthritis Aquatics

A class designed specifically for people with arthritis. Taught in warm, shallow water and designed to work painful joints through gentle range of motion exercises.

Water Walking

Incorporates various walking patterns performed in the lap pool to utilize the resistance of the water for toning.

Hydrocize

A beginning to intermediate water aerobic workout incorporating cardiovascular conditioning, muscular toning, strengthening, and flexibility.

Surfs Up

This is a toning and cardio training class guaranteed to make you feel great! This class is appropriate for all levels and includes 25-30 minutes of cardio moves then 15-20 minutes of toning.

SilverSneakers®- Muscular Strength & Range of Movement (Senior Class)

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. Age 50+

Cycling

Ride stationary bikes in a class setting lead by an instructor to the rhythm of music.

Classes subject to change due to participation. Contact the front desk for monthly schedule.