



KTAC Land Fitness Schedule

Effective: October 16, 2018

(Classes Subject to Change)

Center Hours: **MON-THU 5:30AM-9:00PM FRI 5:30AM-8:00PM SAT 7:30AM-6:00PM SUN 9:00AM-6:00PM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Yoga 7:00-8:00 <i>Madi</i>		Yoga 7:00-8:00 <i>Madi</i>		
Smart Group 8:00-9:00 <i>Dave</i>		Smart Group 8:00-9:00 <i>Dave</i>		Smart Group 8:00-9:00 <i>Member Led</i>	Yoga 8:00-9:00 <i>Judy</i>
	Tai Chi 8:15-9:00 <i>Roger</i>		Tai Chi 8:15-9:00 <i>Roger</i>		
On the Ball 9:15-10:00 <i>Dave</i>	TRX® 9:15-10:00 <i>Dave</i>	On the Ball 9:15-10:00 <i>Dave</i>	TRX® 9:15-10:00 <i>Dave</i>		Zumba® 9:15-10:15 <i>Shauna</i>
	Body Mechanics 10:15-11:00 <i>Dave</i>		Body Mechanics 10:15-11:00 <i>Dave</i>		
SilverSneakers® Classic 10:45-11:30 <i>Lori</i>		SilverSneakers® Classic 10:45-11:30 <i>Lori</i>		SilverSneakers® Classic 10:45-11:30 <i>Lori</i>	
	Yoga 4:00-5:00 <i>Madi</i>				
		Yoga 5:15-6:15 <i>Judy</i>	Yoga 5:15-6:15 <i>Madi</i>		
	Power Up! 5:30-6:30 <i>Misty</i>				
			Kettlebell AMPD 6:15-7:15 <i>Angelika</i>		
Zumba® 6:30-7:30 <i>Shauna</i>		Zumba® 6:30-7:30 <i>Shauna</i>			

BODY MECHANICS: Reduce your chance of injury while focusing on balance, strengthening support muscle groups, and gaining a better understanding of core muscles and their function.

INSTRUCTOR: *Dave Kraft* **SCHEDULE:** *Tuesdays and Thursdays* *10:15AM-11:00AM*

KETTLEBELL AMPD: A choreographed workout using just one kettlebell and a playlist full of fun music.

INSTRUCTOR: *Angelika Roerig* **SCHEDULE:** *Thursdays* *6:15PM-7:15PM*

ON THE BALL: Build core strength, tone muscles and have fun working in a group setting with exercise balls, weights, tubes, and medicine balls. Beginner to Moderate

INSTRUCTOR: *Dave Kraft* **SCHEDULE:** *Mondays and Wednesdays* *9:15AM-10:00AM*

POWER UP! Challenge yourself with a combination of steady weight training, blast of cardio, core intervals, balance, and stability. It is a full body workout to enhance your lifestyle. Level: Beginner to Moderate

INSTRUCTOR: *Misty Eubanks* **SCHEDULE:** *Tuesdays* *5:30PM-6:30PM*

SILVERSNEAKERS® CLASSIC: The SilverSneakers® fitness program is a challenging, exercise and wellness program helping older adults live healthy active lifestyles. Get fit, have fun, make friends! Hand-held weights, elastic tubing, and a ball are used for resistance. A chair may be used for seated and/or standing support.

Level: Beginner to Advanced

INSTRUCTOR: *Lori Whiting* **SCHEDULE:** *Mondays, Wednesdays, and Fridays* *10:45AM-11:30AM*

SMART GROUP: This class focuses on toning muscles throughout the body with a focus on core stability. We will work with exercise balls, weights, exercise bands, TRX®, steps along with other equipment to achieve individual goals such as weight loss, strength and flexibility in a group setting.

INSTRUCTOR: *Dave Kraft* **SCHEDULE:** *Mondays, Wednesdays, and Fridays* *8:00AM-9:00AM*

TAI CHI: Originally developed for self-defense, Tai Chi has evolved into a graceful form of exercise that is now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, Tai Chi promotes serenity through gentle flowing movements.

INSTRUCTOR: *Dr. Roger Bailey* **SCHEDULE:** *Tuesdays and Thursdays* *8:15AM-9:00AM*

TRX®: Suspension training using body weight as resistance. A great challenge involving strength, cardio and endurance that are easily adjusted to make your workout more or less challenging. Moderate

INSTRUCTOR: *Dave Kraft* **SCHEDULE:** *Tuesdays and Thursdays* *9:15AM-10:00AM*

YOGA WITH JUDY: An innovative class focusing on the instruction and the attention of poses (Asanas) and breathing (Pranayama) techniques. Both Vinyasa and Hatha Yoga will explore the disciplines of traditional Yoga.

INSTRUCTOR: *Judy Schroedl* **SCHEDULE:** *Wednesdays* *5:15PM-6:15PM*
Saturdays *8:00AM-9:00AM*

YOGA WITH MADI: Hatha style yoga class with modifications suitable for all levels. Movement is synchronized with the breath so you'll leave class feeling balanced and ready to take on the rest of your day.

INSTRUCTOR: *Madi Boewe* **SCHEDULE:** *Tuesdays and Thursdays* *7:00AM-8:00AM*
Tuesdays *4:00PM-5:00PM*
Thursdays *5:15PM-6:15PM*

ZUMBA®: Enjoy our 60 minute ZUMBA® class! This is a lively and fun aerobic fitness class with movements inspired by Latin dance and music.

INSTRUCTOR: *Shauna Fox* **SCHEDULE:** *Mondays and Wednesdays* *6:30PM-7:30PM*
Saturdays *9:15AM-10:15AM*