

# Papillion Landing

## Group Fitness Schedule

### May 15<sup>th</sup> - August 6<sup>th</sup> 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycling</b> 5:30 AM - 45min Krissy Cycling Studio	<b>Cycling</b> 5:30 AM - 45 min Krissy Cycling Studio	<b>HIIT Strength</b> 6:45 AM - 30min Krissy Studio 2	<b>Total Body Cardio &amp; Conditioning</b> 6:00 AM - 45min Lindsay Studio 2	<b>Boot Camp</b> 6:00 AM - 45 min Andrea Studio 2	<b>Zumba</b> 8:00 AM - 55min Lindsay Studio 2
<b>Aqua-Tabata</b> 8:30 AM - 55min Jen Pool	<b>Total Body Strength and Conditioning</b> 6:00 AM - 45min Lindsay Studio 2	<b>Aqua-Tabata</b> 8:30 AM - 55min Jen Pool	<b>Aqua Plus</b> 8:30 AM - 45min Rob Pool	<b>Aqua-Tabata</b> 8:30 AM - 45min Jen Pool	<b>Cycle + Strength</b> 9:00 AM - 45min Tamsen Cycling Studio
<b>Strong Nation</b> 9:00 AM - 55min Andrea Studio 2	<b>HIGH Low</b> 8:25 AM - 50min Andrea S. <b>NO CLASS</b> Studio 2 <b>MAY 16</b>	<b>Body Circuit</b> 9:00 AM - 55min Colleen Studio 1	<b>Power Pilates</b> 8:30 AM - 55min Marcia <b>NO CLASS</b> Studio 2 <b>June 29</b>	<b>Barre</b> 8:30 AM - 55min Brynn Studio 2	<b>Mixed Fitness</b> 9:15 AM - 45min Colleen Studio 2
<b>Aqua Fit</b> 11:00AM - 45min Cathi Pool	<b>Aqua-Fit</b> 8:30 AM - 50min Heather N. <b>1st CLASS</b> Pool <b>May 30</b>	<b>Chair Yoga</b> 9:00 AM - 45min Karin Studio 2	<b>Yoga</b> 8:30 AM - 55min Nicole Studio 1	<b>Cycling</b> 8:30 AM - 45min Krissy Cycling Studio	<b>Yoga Flow</b> 10:15 AM - 45min Tamsen Studio 2
<b>Silver Sneakers</b> 11:00 AM - 45min Maureen Studio 2	<b>Yoga</b> 8:30 AM - 55min Nicole Studio 1	<b>Aqua Fit</b> 11:00AM - 45min Cathi Pool	<b>Aqua Exercise</b> 9:30 AM - 45min Rob Pool	<b>Yoga</b> 8:30 AM - 55min Traci <b>NO CLASS</b> Studio 1 <b>JUNE 9</b>	 <p>SCAN AND SUBSCRIBE Receive class updates and notifications</p>
<b>Vinyasa Yoga</b> 5:00 PM - 45 min Brynn Studio 1	<b>Aqua-Fit</b> 9:30 AM - 45min Heather N. <b>1st CLASS</b> Pool <b>May 30</b>	<b>Barre</b> 10:00 AM - 55min Andrea S. Studio 2	<b>Core Express</b> 9:45 AM - 30min Krissy Studio 2	<b>Mixed Fitness</b> 9:30 AM - 55min Colleen Studio 2	
<b>Cycling</b> 5:30 PM - 45min Kim Cycling Studio	<b>Core Express</b> 9:30 AM - 30min Krissy Studio 2	<b>Silver Sneakers</b> 1:00 PM - 45min Annie Studio 2	<b>Balance + Stretch</b> 10:15 AM - 30 min Krissy Studio 2	<b>Silver Sneakers</b> 1:00 PM - 45min Anne/Maureen Studio 2	
<b>Aqua Zumba</b> 6:00 PM - 55min Takako Pool	<b>Balance + Stretch</b> 10:00 AM - 30min Krissy Studio 2	<b>Cycling Express</b> 5:45 PM - 30min Kiley Cycling Studio	<b>Movement 4 Life</b> 11:05 AM - 45min Jill Studio 2	<div style="border: 1px solid black; padding: 10px;"> <p><b>Cycling Class Registration</b></p> <p>Register online through <a href="https://StagesFlight.com">StagesFlight.com</a>, Club ID GB250</p> <p>Drop ins for classes will be permitted if space allows.</p> <p>Guests are strongly encouraged to bring their own yoga mats and sweat towels.</p> </div>	
<b>Barre</b> 6:00 PM - 55 min Brynn Studio 2	<b>Cycling</b> 5:30PM - 45 min Steve Cycle	<b>Aqua Exercise</b> 6:30 PM - 55min Cathi Pool	<b>Couples Line Dance</b> 6:00 PM - 55min Rob Studio 2		
<p><b>*Papillion Landing will close at 5:00pm on Monday, May 29th and Tuesday July 4th. We will post in addition class cancelations.</b></p>		<b>Zumba</b> 7:00 PM - 55min April <b>1ST CLASS</b> Studio 2 <b>JUNE 13</b>	<b>Couples Line Dance</b> 7:00 PM - 55min Rob Studio 2		

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PAPILLION  
**LANDING**

## Group Fitness Class Descriptions:

**Aqua Exercise** - low impact exercises in the provides a fun, yet challenging workout for all levels.

**Aqua Fit:** A fun class where you never know what kind of class, you're going to have till you come and enjoy.

**Aqua-Tabata:** is a fun, high intensity-low impact water workout that combines cardio, core, balance, and strength training.

**Aqua Zumba®** - This class blends the Zumba® philosophy with water resistance for one party you shouldn't miss! There is less impact on your joints while toning your muscles.

**Balance + Stretch** - Stretches for the entire body head to toe. Balance your workout routine and daily life with flexibility training for enhanced sports performance and reduced risk of injury. This class will help to release pressure and pain for good.

**Barre** - (please bring your own mat) This class is a ballet inspired workout which includes dance moves with and without the barre.

**Body Circuit:** Small classes will rotate from station to station. Larger groups will stay on mats. This class will involve your TOTAL Body and work many different muscle groups big and small.

**Bootcamp** - This is a high intensity workout with a mix of cardio and strength training for a total body challenge. The frequently changing format will keep your body at peak performance. Open to all fitness levels

**Chair Yoga:** Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. A chair is used to meet a variety of fitness levels.

**Core Express** - This 30 min class is an intense core workout with upbeat music, you'll learn new exercises to help sculpt the body. It is for ALL fitness levels- tons of different modifications so no need to get discouraged.

**Cycle + Strength** - Challenge your cardiovascular stamina and strength in this cycle/strength fusion class. Fully modifiable for all fitness levels, this class involves both riding the Stages bikes and bodyweight exercises off the bike.

**Cycling (Express)** - Indoor cycling using Stages bikes focuses on endurance, strength and intervals with varying intensities and recovery segments. All fitness levels are welcome. We offer Stages bikes and the Flight system; the Flight system is a multimedia fitness experience that enables indoor cyclists to set goals and track performance.

**Line Dancing** - line dance exercise helps energy levels and memory reinforcement. These moves may be a good workout for some; social for others. There is something for every level of dancer. Dress in layers, comfortable and casual with low-heeled non-marking shoes.

**Movement 4 Life** - Let's move for health, function, and longevity. We will work on dynamic movement and mobility to improve daily skills. In addition, we will improve balance and strength.

**Power Pilates** - High intensity and low impact, this class uses music + repetition to amp up the pace and energy. Be prepared to sweat and have some laughs!

**Silver ,Sneakers Classic** - Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance

**Strong Nation®** - Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Yoga** - (please bring your own mat) Help restore balance to your body. This nurturing class will focus on physical health and mental well-being. Great for all experience levels.

**Yoga Flow** - Experience a Hatha yoga class focused on a gentle flow that's easily modifiable. This 45-minute class is appropriate for yogis of all experience levels and concludes with a centering meditation to help you conquer the rest of your day.

**Zumba®** - is a fusion of Latin and international music and dance that creates a dynamic, exciting, effective cardio workout. These fun, easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body as you dance.