



# Papillion Landing

# Group Fitness Schedule



## May 23 - July 30th, 2022

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>Aqua Exercise</b> 8:30 AM - 55min Angie Pool	<b>Power Pilates NEW</b> 6:00 AM - 55min Marcia Studio 1	<b>Boot Camp</b> 6:00 AM - 45 min Andrea Studio 2	<b>Cycle + Strength</b> 9:00 AM - 45min Tamsen Cycling Studio
<b>* Aqua Exercise</b> 8:30 AM - 55min Angie Pool	<b>Total Body Strength and Conditioning</b> 6:00 AM - 45min Lindsay Studio 2	<b>Sculpt and Tone</b> 8:30 AM - 55min Heather Studio 1	<b>Total Body Cardio &amp; Conditioning</b> 6:00 AM - 45min Lindsay Studio 2	<b>Aqua Exercise</b> 8:30 AM - 45min Heather Pool	
<b>Power Pilates</b> 8:30 AM - 55min Marcia Studio 1	<b>HIGH Low</b> 8:25 AM - 55min Andrea S. Studio 2	<b>Zumba</b> 9:00 AM - 55min Karin Studio 2	<b>Aqua Bootcamp</b> 8:30 AM - 55min Heather Pool	<b>Barre</b> 8:30 AM - 55min Brynn Studio 2	
<b>* Strong Nation</b> 9:00 AM - 55min Andrea Studio 2	<b>Aqua Exercise</b> 8:30 AM - 50min Jen Pool	<b>Aqua Yoga</b> 9:40 AM - 40min Angie Pool	<b>Yoga</b> 8:30 AM - 55min Nicole Studio 1	<b>Cycling</b> 8:30 AM - 45min Krissy Cycling Studio	
<b>Aqua Yoga</b> 9:40 AM - 40min Angie Pool	<b>Yoga</b> 8:30 AM - 55min Nicole Studio 1	<b>Barre Intensity</b> 10:00 AM - 55min Andrea S. Studio 2	<b>Core Express</b> 9:30 AM - 30min Krissy Studio 2	<b>Aqua-Fit</b> 9:30 AM - 50min Jen Pool	
<b>Silver Sneakers</b> 11:00 AM - 45min Maureen Studio 2	<b>Core Express</b> 9:30 AM - 30min Krissy Studio 2	<b>Silver Sneakers</b> 1:00 PM - 45min Annie Studio 2	<b>Aqua Exercise</b> 9:40 AM - 45min Heather Pool	<b>Mixed Fitness NEW</b> 9:30 AM - 55min Heather Studio 2	
<b>Stability Ball</b> 4:45 PM - 45 min Angie Studio 2	<b>Aqua Kickboxing NEW</b> 9:40 AM - 55min Heather Pool	<b>Aqua Exercise</b> 6:00 PM - 55min Heather Pool	<b>Movement 4 Life</b> 11:30 AM - 45min Jill Studio 2 (Ends June 23)	<b>Pi/Yo</b> 9:30 AM - 45min Brynn Studio 1	
<b>Vinyasa Yoga</b> 5:00 PM - 45 min Brynn Studio 1	<b>Balance + Stretch</b> 10:00 AM - 30min Krissy Studio 2	<b>Core Yoga</b> 6:00 PM - 45min Angie Studio 1	<b>Cycling Express</b> 5:45 PM - 30min Kiley Cycling Studio	<b>Silver Sneakers</b> 1:00 PM - 45min Annie/Maureen Studio 2	
<b>Cycling</b> 5:30 PM - 45min Kim Cycling Studio	<b>Cycling New Day</b> 5:30 PM - 45min Steve Cycling Studio	<b>Zumba</b> 7:00 PM - 45min Marisol Studio 2	<b>Couples Line Dance</b> 6:00 PM - 55min Rob Studio 2		
<b>Barre</b> 6:00 - 55 min Brynn Studio 2	<b>Barre Above</b> 6:00 PM - 45min Mandy Studio 2		<b>Couples Line Dance</b> 7:00 PM - 55min Rob Studio 2		
<b>Zumba</b> 7:00 PM - 45min Marisol Studio 2	<b>Power Pilates NEW</b> 6:00 - 55min Marcia Studio 1 <b>Start May 31st</b>				
	<b>Zumba</b> 7:00 PM - 55min April Studio 2				



**SCAN AND SUBSCRIBE**  
Receive class updates and notifications

**Cycling Class Registration**  
Register online through StagesFlight.com, Club ID GB250 Drop ins for classes will be permitted if space allows.  
Guests are encouraged to bring own yoga mats and towels.

**\* Memorial Day & July 4th Classes**

# Group Fitness Class Descriptions:

**\*Aqua Kickboxing** - is a fast moving and heart raising fun class with no contact.

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

**Aqua Movements** - Come join us in learning new ways to use those muscles with toning and stretching deep into muscle while exploring more into what is kinesiology.

**Aqua Pilates** - Pilates practice moved to the reduced gravity environment of the shallow water. Challenge stability, enhance core strength and improve alignment. Swimming ability not required.

**Aqua Yoga**-Aqua Yoga is a gentle low-impact exercise class held in the shallow end of the pool. It uses the basic principles and movements of yoga and adapts them to a shallow-water environment. The release of gravity in the water will help you find your best stretch.

**Aqua-Fit** - A fun, medium to high intensity-low impact water workout that combines cardio, core, balance, range of motion and strength training. This is a circuit style class set to music that uses Tabata training and various HITT techniques. Beginner to intermediate level.

**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 (\*Intensity)** - This class is a ballet inspired workout which includes dance moves with and without the barre.

**Barre Above®** - is a totally unique approach to barre workouts as you've seen them. Fusing the best of Pilates, yoga, aerobics, and elements of the strengthening exercises dancers do, Barre Above® delivers a results-driven workout that is fun and dynamic.

**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

**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.

**Core Yoga** - This class combines yoga poses and core work to challenge your body. A stronger core helps you move and perform better.

**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.

**HIGH Low** - Reminiscent of the {aerobics} glory days, this format is based on traditional aerobics principles that create a steady state cardio workout without the impact of burpees or cardio push tracks.

**\*Mixed Fitness** - is a fun always changing class, where we will use all kinds of different equipment and use all kinds of skills.

**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.

**Pi/Yoga** - this is a fusion of Pilates and Yoga in uses dynamic flowing sequences to strengthen muscles and increase flexibility. This format will help lengthen the muscles, increase core strength and improve balance.

**Pilates** - Mat Pilates (please bring your own mat) is a spirit, mind, body class that offers training for the "powerhouse" muscles; the abdomen, low back, hips and glutes. You may see improved strength, posture, agility and flexibility. . ALL fitness levels

**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!

**Sculpt and Tone** - Description: A total body workout that will need a mat for the floor, and water to drink. We will use various items to help get your best workout. Equipment, if used, will be provided.

**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

**Stability Ball Class** - Have fun tackling traditional moves on an unstable surface - the stability ball! By incorporating a stability ball you will challenge balance, add resistance and increase muscle activation while building back and core strength. All fitness levels!

**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.

**Sunrise Strength and Stamina** - This class is a full body workout that combines strength based exercises With cardio exercises in HIIT combinations to increase your strength and stamina. Start off your day getting stronger!

**Total Body Strength/Cardio & Conditioning** - A fitness class dedicated to Total Body Fitness. Focus is on Strength and Cardio. All fitness levels.

**Vinyasa Yoga** - A fitness inspired Vinyasa practice designed to build strength and endurance while connecting breath with movement. All levels of experience are welcome.

**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 4 Balance** - This class features a series of slow flowing motions and deep slow breathing to exercise the body and calm the mind. You will move from one pose to another gradually, shifting your weight and extending your limbs. Join us to improved balance and health.

**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.

\* = New Class