



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 2 - 5 Weeks

July 12 - August 15

# LANDEN FITNESS DAY PLANNER

## MONDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:30	50	LSB	Emma	2-3			
Cardio Mix	9:15	50	LSB	Carrie	A			
Zumba	9:15	60	LSA	Chiaki	A			
Muscle Max	10:15	50	LSB	Carrie	2-3			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
20/20/20	4:30	60	LSA	Krista	2-3			
Intervals	5:45	50	LSB	Krista	2-3			
Barre Virtual Barre via Zoom Meeting ID: 644 908 1457 Password: 9HNT1m	6:00	60						
Zumba	7:00	60	LSB	Jamie	A			

## TUESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Total Body HIIT	5:30	45	LSB	Emma	2-3			
Cardio Sculpt	9:15	50	LSB	Carrie	A			
Senior Sit & Tone	9:30	30	MPS	Christina	1			50+
TRX	9:30	45	LSA	Erin	A	\$20		
Barre	10:30	60	LSA	Jen	A			
Gentle Yoga	10:30	60	MPS	Christina	A	\$20		
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Barre	6:00	60	LSB	Janelle	A			

## WEDNESDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Bootcamp	5:30	50	LSB	Sarah	2-3			
Active Flow Yoga	9:15	60	MPS	Jennifer	A	\$20		
Cardio Mix	9:15	50	LSB	Erin	A			
Muscle Max	10:15	50	LSB	Erin	2-3			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:45	50	LSB	Karen	2-3			
Zumba	7:00	60	LSB	Jamie	A			

## THURSDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	5:30	50	LSB	Sarah	2-3			
Active Seniors	9:15	60	MPS	Christina	1-2			50+
Muscle Max	9:15	50	LSB	Carrie	2-3			
TRX	9:30	45	LSA	Erin	A	\$20		
Barre	10:30	60	LSA	Jen	A			
EVENING	START	🕒	ROOM	LED BY	IL	\$		
Cardio Sculpt	5:45	50	LSB	Colleen	A			

## FRIDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Active Flow Yoga	9:15	75	MPS	Karen	A	\$20		
Zumba	9:15	50	LSB	Chiaki	A			
Cardio Mix	10:45	50	LSB	Erin	A			

## SATURDAY

MORNING	START	🕒	ROOM	LED BY	IL	\$		
Muscle Max	7:45	50	LSB	Carrie	2-3			
Muscle Max	9:15	50	LSB	Carrie	2-3			

## FEES & FLEX CARDS

To take a Specialty Fitness Class, members can either sign up for a session or purchase a Flex Card.

A Flex Card lets you take Specialty Fitness Classes without registering: just show up and have the instructor punch your card.

5 Punch Card: \$24  
10 Punch Card: \$44  
20 Punch Card: \$80

Flex Card users will need to reserve a spot on Myzone to guarantee entrance into the class.

## KEY

### ROOMS

LSA Landen Studio A  
LSB Landen Studio B  
MPS Multipurpose Studio  
SS Spirit Studio

### INTENSITY LEVELS

A All Fitness Levels  
1 Beginner  
2 Intermediate  
3 Advanced

All classes are for ages 13+ unless otherwise noted.