



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring - 5 Weeks

April 25 - May 29

LANDEN FITNESS DAY PLANNER

MONDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | PMS | |
|------------|-------|----|------|---------|-----|-----|--|
| 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 | PMS | |
| Muscle Max | 5:45 | 50 | LSB | Colleen | 2-3 | | |
| Zumba | 7:00 | 60 | LSB | Jamie | A | | |

TUESDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | PMS | |
|-------------------|-------|----|------|-----------|-----|------|-----|
| 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 | \$45 | |
| Barre | 10:30 | 60 | LSA | Jen | A | | |
| Gentle Yoga | 10:30 | 60 | MPS | Christina | A | \$45 | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | PMS | |
| Barre | 6:00 | 60 | LSA | Janelle | A | | |

WEDNESDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | PMS | |
|------------|-------|----|------|--------|-----|-----|--|
| Bootcamp | 5:30 | 50 | LSB | Sarah | 2-3 | | |
| Cardio Mix | 9:15 | 50 | LSB | Erin | A | | |
| Muscle Max | 10:15 | 50 | LSB | Erin | 2-3 | | |
| EVENING | START | ⌚ | ROOM | LED BY | IL | PMS | |
| Muscle Max | 5:45 | 50 | LSB | Carrie | 2-3 | | |
| Zumba | 7:00 | 60 | LSB | Jamie | A | | |

FEES

Program Members can take a **Specialty Fitness Class** by signing up for the session.

THURSDAY

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

FRIDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | PMS | |
|------------------|-------|----|------|--------|----|------|--|
| Zumba | 9:00 | 50 | LSB | Chiaki | A | | |
| Active Flow Yoga | 9:15 | 75 | MPS | Karen | A | \$45 | |
| Cardio Mix | 10:15 | 50 | LSB | Erin | A | | |

SATURDAY

| MORNING | START | ⌚ | ROOM | LED BY | IL | PMS | |
|------------|-------|----|------|--------|-----|-----|--|
| Muscle Max | 7:45 | 50 | LSB | Carrie | 2-3 | | |
| Muscle Max | 9:15 | 50 | LSB | Carrie | 2-3 | | |

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.

RESERVE YOUR SPOT ON OUR APP
SCAN TO DOWNLOAD THE APP

