



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer 1 - 5 Weeks

## June 6 - July 10

# 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	
Gentle Yoga	10:30	60	MPS	Christina	A	\$45	
Kid Fit	10:30	30	LSB	Erin	A		5-12
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	
Kid Fit	10:30	30	LSB	Erin	A		5-12
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.

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