



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall 2 - 8 Weeks

## October 26 - December 20

# 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	MPS	Chiaki	A			
Muscle Max	10:30	50	LSB	Carrie	2-3			
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Intervals	5:45	50	LSB	Krista	2-3			
Barre* Virtual Barre via Zoom Meeting ID: 940 3895 1581 no password needed	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			
Cycle Spin	9:15	45	SS	David	2	\$31		
Senior Sit & Tone	9:30	30	MPS	Christina	1			👴
TRX	9:30	45	LSA	Erin	A	\$31		
Gentle Yoga	10:30	60	MPS	Christina	A	\$31		
Barre	10:45	45	LSA	Jen	A			
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Barre	6:00	60	LSA	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	\$31		
Cardio Mix	9:15	50	LSB	Erin	A			
Muscle Max	10:30	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			👴
Cycle Spin	9:15	45	SS	David	2	\$31		
Muscle Max	9:15	50	LSB	Carrie	2-3			
TRX	9:30	45	LSA	Erin	A	\$31		
Barre	10:45	45	LSA	Jen	A			
EVENING	START	⌚	ROOM	LED BY	IL	\$		
Cardio Sculpt	6:00	50	LSB	Colleen	A			

### FRIDAY

MORNING	START	⌚	ROOM	LED BY	IL	\$		
Active Flow Yoga	9:15	75	MPS	Karen	A	\$31		
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: \$22  
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.