






Papillion Landing Group Fitness Schedule

August 2nd - October 8th, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 5:30 AM - 45 min Krissy  	Cycling 5:30 AM - 45 min Krissy  	Pilates 8:30 AM - 55min Heather 	Circuit Training NEW 5:30 AM - 45min Sara 	Boot Camp 6:00 AM - 45min Andrea 	Zumba 8:00 AM - 55min Lindsay 
Aqua Exercise* 8:30 AM - 55min Angie 	Sunrise Strength and Stamina NEW 6:00 AM - 45min Lindsay 	Aqua Exercise 8:30 AM - 55min Angie 	Yoga 8:30 AM - 55min Nicole  No class in August Returns Sept. 2nd	Barre 8:30 AM - 55min Brynn 	Cycling 8:10 AM - 45min Tamsen  
Strong Nation* 9:00 AM - 55min Andrea 	Yoga 8:30 AM - 55min Nicole 	Total Body Cond. 9:00 AM - 55min Heidi 	Aqua Exercise 8:30 AM - 55min Heather 	Cycling 8:30 AM - 45min Krissy  	
Cycling* 9:30 AM - 45min Maureen  	Aqua Exercise 8:30 AM - 55min Heather 	Aqua Yoga 9:40 AM - 40min Angie 	Aqua Movements 9:40 AM - 45min Heather 	Aqua Exercise 8:30 AM - 45min Heather 	
Aqua Yoga 9:40 AM - 40min Angie 	Core Express 9:30 AM - 30min Krissy 	Stability Ball 9:40 AM - 45min Heather 	Core Express 9:30 AM - 30min Krissy 	Kickboxing 9:30 AM - 55min Heather 	
Yoga 4 balance NEW 11:30 AM - 45min Angie 	Aqua Pilates 9:40 AM - 45min Heather 	Zumba 10:00 AM - 55 min Susan  Starts Aug 11th	Movement 4 Life 11:30 AM - 45min Jill 	Pi/Yo NEW 9:30 AM - 45min Brynn 	
Vinyasa Yoga 5:00 PM - 45 min Brynn 	Cycling 5:30 PM - 45min Kristen  	Zumba Gold 11:00 AM - 45min Susan  Starts Aug 11th	Strong Nation 5:00 PM - 45min Andrea 	Aqua Zumba NEW 9:40 AM - 45min Susan 	
Cycling 5:30 PM - 45min Kim  	Barre Above 6:00 PM - 45min Mandy 	Silver Sneakers 1:00 PM - 45min Annie 	Cycling Express 5:45 PM - 30min Kiley  	Silver Sneakers 1:00 PM - 45min Annie/Maureen 	
Barre NEW 6:00 - 55 min Brynn 	Zumba 7:00 PM - 55min April 	Cycling 5:30 PM - 45min Steve  	Zumba 6:00 PM - 55min Lindsay 	SYMBOL GUIDE Registration Required  Studio 1  Studio 2  Cycling Studio  Pool 	
Yoga 6:00 PM - 55min Traci 		Aqua Exercise NEW 6:00 PM - 55min Heather  Begins Aug 11th	Country Line Dance 7:00 PM - 55min Rob 		
Aqua Exercise NEW 6:00 PM - 55min Angie  Begins Aug 9th		Core Yoga 6:00 PM - 45min Angie 	Couples Line Dance 8:00 PM - 55min Rob 		
* Indicates the only classes being offered on Labor Day, September 6th		Zumba NEW 7:00 PM - 55min Marisol 	Cycling Class Registration Register online through StagesFlight.com , Club ID GB250 Drop ins for classes will be permitted if space allows.		



Pool Closed July 26th - August 8th for Annual Maintenance.

Group Fitness Class Descriptions:

Aqua

Aqua Exercise - low impact exercises in the pool 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. Come float, stretch & relax!

Aqua Zumba® - This class blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints while toning your muscles.

Land

Barre - (please bring your own mat) 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 not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape.

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

Circuit - This class will challenge your body in a variety of ways while having fun. Circuits include a variety of exercise stations that focus on strength and endurance moves. It alternates between upper, lower and core muscles groups so little rest is needed between stations.

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.

Cycling - 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.

Kickboxing - a class that combines martial arts techniques with fast-paced cardio. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

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. Mat Pilates helps build a strong, balanced body and can improve posture. ALL fitness levels welcome-tons of different modifications so no need to get discouraged.

SilverSneakers 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 SilverSneakers 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. This class is great for the beginner to advanced student wanting to increase full-body strength, stability and flexibility.

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 Conditioning - This class features a total body workout with an all-in effort that incorporates strength intervals and cardio bursts that are sure to leave your heart pumping.

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 as we move toward 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.

Zumba Gold® - an easy to follow program that lets you move to the beat at your own speed. This is a total-body wellness program that feels like a party while it revitalizes your mind and body.