

MONDAY		TUESDAY		WEDNESDAY	
6:00a	<b>Ride &amp; Shine:</b> Ashley (Spin Room) L 2	7:30a	<b>Sunrise Yoga:</b> Tony (Studio A) All Level	6:00a	<b>Ride &amp; Shine:</b> Kat (Spin Room) L 2
7:30a	<b>Cardio &amp; Core:</b> Kat (Studio A) L 2	8:30a	<b>Zumba:</b> Angelica (Studio A) All Levels	7:30a	<b>Zumba:</b> Kat (Studio A) All Levels
8:30a	<b>Body Sculpt:</b> Korry (Studio A) L 2-3	9:30a	<b>FittBarre:</b> Heather (Studio A) All Levels	8:30a	<b>Strength:</b> Ashley (Studio A) All Levels
9:30a	<b>Static Stretch:</b> Carla (Studio A) All Levels	10:30a	<b>Gentle Flow Yoga:</b> Janet (Studio A) All Levels	8:30a	<b>BALANCE:</b> Janet (Studio B) All Levels
9:30a	<b>Wheels &amp; Weights:</b> Janet (Spin Room) L 2	11:30a	<b>Sit Fit:</b> Korry FREE! Studio B L 1	9:30a	<b>Mat Pilates:</b> Marie (Studio A) All Levels
10:30a	<b>Golf Conditioning:</b> Lenny (Studio A) All Levels	6:00p	<b>Rhythm Ride:</b> Kat (Spin Room) L 2-3	9:30a	<b>Rhythm Ride:</b> Kat Clark (Spin Room) L 2
10:30a	<b>YogaBarre:</b> Janet (Studio B) All Levels	6:00a	<b>Kalorie Killer:</b> Emma (Pool B) L 2-3	10:30a	<b>Beginner Yoga:</b> Tony (Studio A) L 1
11:30a	<b>Sit Fit:</b> Janet FREE! (Studio) B L 1	8:30a	<b>Aqua Fit:</b> Korry (Pool A) L 2	2:00p	<b>Beginner Line Dancing:</b> Sherrie (Studio A) L 1
5:30p	<b>Circuit Training:</b> Yanet (Studio B) L 2-3	10:30a	<b>Aqua Lite:</b> Emma (Pool B) L 1-2	3:00p	<b>Intermediate Line Dancing:</b> Linda (Studio A) L 2
6:00a	<b>Kalorie Killer:</b> Emma (Pool B) L 2	<p>All classes are ranked on a difficulty level 1-3 with 1 being the easiest and 3 being the most difficult. Regardless of ranking, all classes can be modified to meet the needs of the participants. An "all levels" class will benefit any participant no matter their skill level.</p>		11:30a	<b>Sit Fit:</b> Yanet FREE! (Studio B) L 1
8:30a	<b>Aqua Fit:</b> Emma (Pool A) All Levels			1:00p	<b>GEM Parkinson's Boxing</b> FREE! (Studio B) L 1
10:30a	<b>Aqua Lite:</b> Emma (Pool B) L 1-2			5:30p	<b>Body Sculpt:</b> Korry (Studio B) L 2
				6:00a	<b>Kalorie Killer:</b> Emma (Pool B) L 2-3
				7:30a	<b>Aqua Step:</b> Emma (Pool B) All Levels
				9:00a	<b>Total Body H2O:</b> Yanet (Pool A) L 2
				12:00p	<b>STUDS:</b> Emma (Pool B) All Levels (small group training)

THURSDAY		FRIDAY		SATURDAY	
7:30a	<b>Sunrise Yoga:</b> Tony (Studio A) All Levels	7:30a	<b>Cardio &amp; Strength:</b> Kat (Studio A) L 2	8:30a	<b>Body Sculpt:</b> Korry (Studio A) L 2-3
8:30a	<b>FittBarre:</b> Ashley (Studio A) All Levels	8:30a	<b>Strength:</b> Carla (Studio A) All Levels	9:30a	<b>Rhythm Ride:</b> Korry/Ashley 20 (Spin Room) L 2
9:30a	<b>Step:</b> Kat Clark (Studio A) L 2-3	9:30a	<b>Dynamic Stretch:</b> Carla (Studio A) L 1	9:30a	<b>Zumba:</b> Kat (Studio A) All Levels <b>Zumba Party May 4th wear red, white, or green Bring your own maraca!!</b>
9:30a	<b>Rhythm Ride:</b> Korry (Spin Room) L 2	9:30a	<b>Zumba:</b> Angelica <b>No Class May 3rd</b> (Studio B) All Levels	10:30a	<b>Dynamic Flow Yoga:</b> (Studio A) L 2 Janet 4th and 18th/Tony 11th and 25th
10:30a	<b>Gentle Flow Yoga:</b> Korry (Studio A) All Levels	9:30a	<b>Rhythm Ride:</b> Janet (Spin Room) L 2	10:30a	<b>TRX:</b> Korry (Studio B) All Levels
10:30a	<b>TRX:</b> Steve (Studio B) All Levels	10:30a	<b>Gentle Flow Yoga:</b> Janet (Studio A) All Levels	11:30a	<b>Sit Fit:</b> Janet FREE! (Studio B) L 1
11:30a	<b>Sit Fit:</b> Janet FREE! (Studio B) L 1	1:00p	<b>GEM Parkinson's Boxing</b> FREE! (Studio B) L 1	9:00a	<b>Total Body H2O:</b> Yanet (Pool A) L 2-3
6:00a	<b>Kalorie Killer:</b> Emma (Pool B) L 2-3	6:00a	<b>Kalorie Killer:</b> Korry (Pool B) L 2-3		
8:30a	<b>Barre H2O:</b> Heather (Pool B) All Levels	8:30a	<b>Aqua Fit:</b> Emma/Janet (Pool B) L 2		
10:30a	<b>Total Body H2O:</b> Yanet (Pool A) L 2	10:30a	<b>Aqua Fit:</b> Korry (Pool B) L 2		

*Here's to strong women. May we know them. May we be them. May we raise them.*

CLASSES ARE SUBJECT TO CHANGES AND/OR CANCELLATIONS WITHOUT NOTICE

**Oakridge Wellness Center Information:**  
912-598-5566

**Child Care Hours:**  
8:00am-12:30pm Monday-Saturday  
4:30pm-7:30pm Monday-Thursday

**NEW CLASS OR NEW TIME OR INSTRUCTOR**

Single Class: \$7.25  
10-pack: \$66.00  
Unlimited: \$102.00

## CLASS DESCRIPTIONS

Packages expire one calendar year from date of purchase

### WATER AEROBICS (50 min)

Take the plunge and try this low-impact workout that builds muscle strength and boosts your endurance. It's fun and can be as challenging as you like. All of our classes are 50 minutes long which includes a warm-up, cardio and strength-training exercises, and a cooldown. The buoyancy of the water is easy on your joints which makes water aerobics a good choice for those who have joint problems, chronic pain, or are recovering from injury. Though it's low-impact, you can make the workout harder. Water aerobics targets your core, arms, legs, glutes, and back. **All Levels**

### STRENGTH, RESISTANCE, AND FUNCTIONAL TRAINING (50 min )

**BALANCE:** You will learn to move more efficiently and to reduce the chances of injury while enhancing your abilities in and out of the gym. Areas of focus are on gaining strength, agility, balance, flexibility, and the total core! You will definitely feel and move better. **All Levels**

**Body Sculpt/Strength:** Deep strengthening for the total body is the theme of this class. All fitness levels may participate with many modifications offered by the instructor. A variety of equipment will be used. **Level 2-3**

**Circuit Training:** Jump from station to station with this high intensity, fast paced fun way to work out. A mix of cardio and core. **Level 2-3**

**Golf Conditioning:** Golf requires a unique combination of strength, power, flexibility and finesse. ... Although a golf swing involves nearly every muscle in the body, the core and lower body play pivotal roles in a golf conditioning class. With the appropriate strength training for these areas, the rest of the golf swing will fall into place. **All Levels**

### CARDIO (50 min)

**Cardio & Core:** A high intensity, low impact workout designed to burn calories, build muscular endurance, strong abdomen and back. **Level 2**

**Line Dancing:** Hosted by volunteers and guaranteed fun, fun, fun. \$3 **All Levels**

**Step:** This is your "old school" step class. Get your heart pumping with continuous cardio and different step patterns on the original Reebok Step. **All Levels**

**ZUMBA:** Blast calories while grooving to international rhythms including salsa, merengue, hip-hop, samba, cumbia, and more! This class combines high energy and motivating music with unique moves and combinations. It is based on the principal that a workout should be fun! **All Levels**

### YOGA, BARRE, PILATES, AND STRETCH (50 min)

**Beginner Yoga:** The beginner class introduces the fundamental principles of alignment and breath work in a flow of postures linked together by the breath. Students will be introduced to yoga postures through step-by-step verbal description and demonstration. **Level 1**

**Gentle Yoga Flow:** A variety of asanas, designed into a gentle flow sequence to relax and restore the body and mind. **All Levels**

**Sunrise Yoga:** A combination of moon and sun salutations to energize and empower your day. **All Levels**

**YogaBarre:** This sculpting class will get you flowing through a vinyasa sequence designed to decompress while toning your entire body through barre-inspired movements. Get the best of both worlds in one workout—toned arms, thighs, and booty (along with that yoga high). **All Levels**

**Dynamic Flow Yoga:** This energizing power yoga class is based on the principles of Ashtanga Yoga. It provides a rigorous full-body workout and promotes mental stability and concentration. Build stamina, strength and flexibility! If you are a runner, cyclist, rower, footballer, climber, swimmer, or are looking for something to release energy, this class is just the thing for you! This type of yoga is challenging, quick-paced, and is just what you need to open your tight hamstrings, hips, and shoulders. **Level 2-3**

**Dynamic Stretch:** This class utilizes more active stretches which enhances any movement in your sport. **All Levels**

**FittBarre:** Fluid interval training technique using the ballet barre, traditional fitness, and classical ballet movement with a rhythmic beat. This is a great option for your strengthening needs. **Level 1-2**

**Mat Pilates:** Using traditional Mat Pilates movements with various equipment. Feel your body get stronger while creating long lean muscle! **All Levels**

**GEM Parkinson's Boxing: (Get Excited and MOVE!)** is an exercise program for people with Parkinson disease and their caregivers that is based in Savannah, Ga. Our instructors have been certified through Michael Cohen to teach this class here at the Landings Club. **Level 1**

### INDOOR CYCLING Level 2-3

Indoor cycling classes help you shed fat, improve your heart health, and boost your muscle endurance. Your legs will get a serious workout, and by the end of class, you'll have a steady stream of feel-good brain chemicals called endorphins. One of our instructors will lead the class through different types of cycling, like uphill climbs, bursts of speed, and short recovery periods with easy pedaling. Sometimes you'll get off the saddle and pedal in a standing position. Sometimes the instructor will chose an upbeat song and have participants peddle as fast as they can or play a slower tune while everyone can catch their breath. You may bike with a lot of resistance to mimic riding up a hill. Some instructors use imagery to keep you going, but we also show beautiful landscapes from around the world on a big flat screen tv to keep boredom at bay.