

APRIL 2019 GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm– JR GOLF CLASS 6:30pm– XFit Strength– TL	2 8:15am – Cardio XFIT TL 9:30am – STRONG by Zumba® MB 4:30pm – JR GOLF CLASS 7:15pm – Barre KR	3 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm – JR GOLF CLASS 6:00pm – Total Body Cycle KC 7:00pm – Yoga KA	4 8:15am – Cardio XFIT TL 12:00pm – Yoga DK 4:00pm – JR GOLF CLASS	5 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL 3:30pm – JR GOLF CLASS	6 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC
7 8:00am – TRX-FIT TL 10:30am – Sunday Circuit AO	8 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm– JR GOLF CLASS 6:30pm – XFit Strength– TL	9 8:15am – Cardio XFIT TL 9:30am – STRONG by Zumba® MB 4:30pm – JR GOLF CLASS 7:15pm – Barre KR	10 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL NO AFTERNOON CLASSES	11 NO CLASSES	12 NO CLASSES	13 8:00am – Meditation DK 9:00am – Power Yoga DK 10:15am – Weekend Warrior Yoga DK 11:30am – NEW Myofascial Release – KA
14 8:00am – TRX-FIT TL 10:30am – Sunday Circuit AO	15 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm – JR GOLF CLASS 6:30pm – XFit Strength– TL	16 8:15am – Cardio XFIT TL 9:30am – STRONG by Zumba® DK 4:30pm – JR GOLF CLASS 7:15pm – Barre KR	17 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm – JR GOLF CLASS 6:00pm – Total Body Cycle KC 7:00pm – Yoga KA	18 8:15am – Cardio XFIT TL 12:00pm – Yoga DK 4:00pm – JR GOLF CLASS	19 8:00am – Yoga Meditation KC 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL 9:00am – CSI KC 10:15am – Yoga KC	20 8:00am – Meditation KC 9:00am – CSI KC 10:15am – Yoga KC 11:30am – NEW Myofascial Release – KA
21/28 7:00am – NEW Tri Fit TL & AB \$\$ 8:15am – TRX-FIT TL 10:30am – Sunday Circuit AO	22/29 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm – JR GOLF CLASS 6:30pm – XFit Strength– TL	23/30 8:15am – Cardio XFIT TL 9:30am – STRONG by Zumba® MB 4:30pm – JR GOLF CLASS 7:15pm – Barre KR 7:30pm – NEW– Tri Fit TL & AB \$\$	24 6:30am – Sunrise Yoga DK 8:15am – Spinning TL 9:00am – TRX TL 4:30pm – JR GOLF CLASS 6:00pm – Total Body Cycle KC 7:00pm – Yoga KA	25 8:15am – Cardio XFIT TL 9:30am – Barre Fusion MB 12:00pm – Yoga DK 4:00pm – JR GOLF CLASS 7:30pm – NEW Tri Fit TL & AB \$\$	26 8:00am – Meditation DK 8:15am – Spinning TL 8:15am – H.I.I.T. AO 9:00am – RIP CORE TL 9:00am – Power Yoga DK 10:15am – Yoga DK 3:30pm – JR GOLF CLASS	27 7:30pm – NEW Tri Fit TL & AB \$\$ 8:00am – Meditation DK 9:00am – Power Yoga DK 10:15am – Yoga DK 11:30am – NEW Myofascial Release – KA

Reservations recommended class max 10.

All classes are complimentary to resort guests and members of Lansdowne Resort and Spa. Classes and Instructors are subject to change without notice.
\$ Cost



INSTRUCTORS

Melissa B=MB	Karen C= KC	Tyrone L= TL	Karla R = KR
Danielle K=DK	Jane N= JN	Marcus Repp= MR	Aoife O= AO
Kimberly A = KA	SC– Sharon C		

GROUP EXERCISES TRAINING

CLASS DESCRIPTIONS 2019

Yoga/Sunrise Yoga - Emphasis on learning correct yoga poses and balance. The practice includes sun salutations, downward facing dog, push up and planks. We will be outside when weather permits on the back terrace. Please be prompt as class will meet in health club at 6:30 am and move outside.

Meditation - There's no better place to rejuvenate the mind than Lansdowne's serenity property. Let the calm in with a guided meditation hosted by our meditation expert as you remove all stress and replace it with inner peace. And the best part? No experience is necessary to enjoy this calming moment of Zen.

Core & Stretch - Are you ready to stretch? Strengthen your trunk muscles? This class is for those wishing to strengthen abdominals, oblique and back with variety of exercises including floor work, stability ball, resistance bands/tubing and more! Complete this with 30 minutes of flexibility training focusing on all major muscle groups with soothing music and total relaxation in mind. Come for all or stay for half! Great for all fitness levels!

TRX - The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance. Delivers a fast, effective total-body workout. Helps build a rock-solid core and increases muscular endurance. Benefits people of all fitness levels (pro athletes to seniors).

Cardio XFIT - Feel the burn. A mix of high-intensity cardio workouts using free weights, kettlebells, resistant band, TRX Suspension Trainer and much more!

X-Fit - Start your morning with Executive Chef Marcus Repp in a CrossFit class that will get your blood flowing and warm up during the cold days ahead. Most important, stay fit both mentally, physically and improve your health with varied functional movements performed at high intensity.

Barre Fusion - Barre Fusion is a quick-paced, high energy workout that incorporates ballet basics (as far as posture and some leg and feet movements), light-weight arm work and lower body movements that incorporate compound body movements. We work both on the barre and the mat to strengthen your lower body, core, balance and stability. This is a full-body, low impact, yet highly-effective workout!

CSI - Cardio Strength Intervals A fast-paced total body workout challenge using high intensity cardio intervals and strength training exercises.

Total Body Cycle - Cardio & Strength. The best of both fitness worlds and a workout for everyone! Work intervals on the bike and then move to the floor for exercises that target every major muscle group. Fast paced and fun.

Cycle - Join us on the Health Club balcony (weather permitting) for a fired-up summertime cycle class. We'll take a ride up and down hills, over flat roads and sprint to the finish line.

Total Body Cycle - Same cycle class as above with additional strength exercises off the bike using weights.

High Intensity Interval Training (HIIT) - A form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods. HIIT is the concept where one performs a short burst of high-intensity (or max-intensity) exercise followed by a brief low-intensity activity, repeatedly. Open to all fitness levels.

Strong by ZUMBA® - Combine a killer bodyweight boot camp workout with party vibes and pumped-up music. This HIIT (high intensity interval training) class will deliver a high intensity cardio workout that will make you sweat while moving to the rhythm of great music.

Myofascial Release - Nurture your body from head to toe using various props to apply pressure into trigger points to eliminate stiffness and improve range of motion. The class will leave you feeling rejuvenated and light in body and mind.

Tri Fit Training - Take the lead to a healthier and more productive lifestyle while staying fit with the best of three workout sequences: running, biking and swimming. Spend 30 minutes in each station at your own pace and skill level, while staying energized and motivated by Lansdowne instructors. See results with weight loss, muscle toning and increased cardio.