Endeavor Health℠
Fitness & Wellness Center

Land Group Exercise Schedule

Sept 8, 2026 - Jan 5, 2027

MON	TUE	WED	THR	FRI	SAT	SUN
5:30- 6:15am Body Blast Mina	5:30 - 6:30am Cycle Performance Laura	5:30 - 6:15am Total Body Strength Laura	5:30 - 6:30am Cycle Performance Laura	7:30 - 8:15am Glutes, Guns & Guts Paula	7:45 - 8:15am Cardio Express Mina	8:00 - 9:00am Creative Step (Int/Adv) Jen M
7:25 - 8:20am Total Body Strength Ylona	7:45 - 8:45am ATAC Paula	7:30 - 8:30am Body Blast Karen	7:30 - 8:15am Mat Pilates & Balance Sally	8:30 - 9:30am Hi/Lo Cardio Karen / Jen M	8:00 - 9:00am Cycle Performance Bonnie	9:15 - 10:15am Total Body Strength Jessie
7:30 - 8:15am Studio Cycle 8:15 - 8:30am Core Stretch Paula	8:30 - 9:15am Hi/Lo Cardio Nichelle	8:30 - 9:30am Cycle Performance Tammy	8:30 - 9:25am Total Body Strength Jen M	8:30 - 9:15am Cycle Tammy	8:15 - 9:15am Total Body Strength Mina	10:30 - 11:30am Yoga Katie
8:35 - 9:35am Muscle Pump Yi-Jin	9:30 - 10:30am Box & Burn Jen M	8:35 - 9:35am Total Body Strength Jen M	8:45 - 9:30am Cycle Yi-Jin	9:45 - 10:45am Muscle Pump Yi-Jin	9:25 - 10:25am Zumba Dara	
9:45 - 10:45am Yoga Adrienne Ann	11:15 - 12:15pm Energizer Interval Karen	10:00 - 11:00am Zumba Dorothy	9:35 - 10:35am Yoga Lana	11:00 - 12:00pm Gentle Yoga Katie	10:30 - 11:30am Yoga Julie	
11:00 - 11:30am Energizer Cardio Express Lana	11:15 - 12:00pm Energizer Cycle Sally	11:15 - 12:00pm Basic Step & Toning Strength Lana	10:50 - 11:35am Ballroom Dance Cardio Nichelle	12:15 - 1:15pm Zumba Gold Dara	11:45 - 12:30pm Pilates Fusion Lana	
11:30 - 12:15pm Total Body Strength Lana	12:30 - 1:15pm Energizer Chair Yoga Lana	12:30 - 1:30pm BeMoved Dance Annie	11:15 - 12:00pm Energizer Cycle Mary			
12:30 - 1:30pm Energizer Yoga Sally	4:30 - 5:30pm Mat Pilates & Stretch Ylona	1:35 - 2:05pm Body Brain Fit (Formerly Balance Express) Carol	11:40 - 12:25pm Energizer TBS Nichelle			
1:35 - 2:05pm Seated Strength Express Sally	5:30 - 6:30pm Zumba Dorothy	4:15 - 5:15pm Yoga Dorothy	12:30 - 1:30pm Energizer Chair Yoga Mary Kay			
4:15 - 5:15pm Yoga Nicole	5:30 - 6:30pm Cycle Plus Carolyn	5:30 - 6:25pm Pilates Fusion Jessie	1:45 - 2:30pm Restorative Yoga Nicole			
4:30 - 5:30pm Total Body Strength Julie	6:30 - 7:30pm Yoga Nicole	6:35 - 7:05pm Lift Heavy Carol	4:30 - 5:15pm Muscle Pump Mandy			
6:00 - 7:00pm Zumba Dara			5:30 - 6:30pm Zumba Kim			
7:15 - 7:45pm Lo-Impact Cardio & Strength Mandy			6:00 - 6:45pm Cycle Carolyn			
			6:45 - 7:15pm Total Body Strength Express Mandy B			

Class Location Color Codes

- Studio
- Multi-Purpose Room 3
- Multi-Purpose Room 1
- Track / Basketball Court
- Studio 2

Paula McBride
Group Exercise Supervisor
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Classes subject to minimum/maximum participants, instructor/location changes, and/or cancellations may or may not occur with notice.

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Land Group Exercise Class List

ATAC (Athletic Training & Conditioning)
A variety of cardio intervals, sport-transfer drills, cycling, strength & core. An unbelievable cross-training workout!

Ballroom Dance Cardio
Learn classic dance steps (waltz, cha-cha, swing) while getting a full-body cardio workout. No partner or experience needed.

Basic Step & Toning Strength
Take one step at a time to learn single bench basic step and tone up with light weight upper body movements.

BeMoved Dance
Movement expressed through dance and music with the power to enhance your well being.

Body Blast
A total body strength workout with a cardio thrown in for an added "blast!"

Body Brain Fit
A class for all fitness levels that blends functional movement with cognitive exercise to strengthen the mind-muscle connection! Chair is used for support and recovery when needed.

Box & Burn
Blends boxing, strength, and cardio for a full-body burn that builds power and shreds calories. No experience needed!

Cardio Express
Calorie burning in a variety of formats.

Creative Step (INT/ADV)
Stylized movements utilizing one or more benches in any arrangement combined with instructors' creativity and flair to bring you contagious energy, innovative choreography and FUN. Step experience required.

Cycle / Cycle Express
30-45 minutes of color guided cycle class.

Cycle & Core
Cycle followed by 15 minutes of focused core work.

Cycle Performance
One hour of color guided cycle class to help build endurance.

Cycle Plus
Cycle followed by 15 minutes of focused core, strength or stretch.

Glutes, Guns & Guts
That's it...let's work our glutes, arms and core .

Hi/Lo Cardio
A blast of high and low impact choreographed aerobics

Gentle Yoga
Gentle yoga with slow, easy movements to improve flexibility, balance, and relaxation. Suitable for all levels.

Lift Heavy
Learn how to safely increase the load you lift using low reps and options for ALL LEVELS to improve bone density, metabolism, and confidence while reducing risk of injury!

Low Impact Cardio & Strength
This cardio class will be easy on the knees but you will still get a good sweat going. Add a little strength and it is just what you needed!

Mat Pilates & Balance
This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added balance portion.

Mat Pilates & Stretch
This class introduces Pilates on the mat exercises that will improve posture, balance, body awareness and core strength with an added stretch portion.

Muscle Pump
Using a body bar and dumbbells working 4 min of structured strength exercises followed by a 1 minute break, helping to increase lean muscle and endurance.

Pilates Fusion
A workout using light weights, small movements for body sculpting and toning.

Restorative Yoga
Rest, relax, and recover in comfortable yoga poses that will help to restore your body.

Seated Strength Express
Strength workout that mainly focuses on exercises while seated in a chair.

Total Body Strength
(TBS) An effective strength training class for all fitness levels. You'll work every major muscle group with safe, effective moves designed to build strength and endurance. Whether you're new or experienced, this motivating group workout will leave you feeling strong, energized, and unstoppable!

TBS Express
Our Total Body Strength Class in an express, 30-minute format!

Yoga
Develop outer and inner strength through poses, alignment and breath. Each teacher brings their unique style and experience to the class. Most commonly taught is Vinyasa or Iyengar based styles.

Zumba
HOT Latin dance based work out. Salsa, rumba and tango those calories away. All levels are welcome.

Energizer Classes (Recommended for 55+)

Energizer Cardio Express
A variety of low impact movements that are fun for the mature adult (or novice exerciser).

Energizer Chair Yoga
Using a chair to help balance and modify and yoga poses.

Energizer Cycle
Indoor cycling class designed to simulate outdoor open road riding.Cardiovascular benefits galore!

Energizer Interval
This class is for the mature adult with intervals of cardiovascular exercise and weight training.

Energizer Total Body Strength
(TBS) Group strength training for older adults, targeting all major muscle groups to support strength, mobility, and endurance.

Energizer Yoga
Calm your nerves,ease stiffness, improve muscle tone and focus your mind. Vinyasa or Iyengar based method is followed to safely guide each participant toward enhanced flexibility, strength, and stamina.

Zumba Gold
Low-impact, lower intensity of a typical Zumba class with a great mix of salsa, tango, rumba and more.