



2023 Land Fitness Schedule

September 1 - December 31



REGISTRATION

Classes with an asterisk require prior registration. Scan this QR code to sign up or visit: ymcanorman.org/calendars



CLASS TYPE

C: Cardio
S: Strength
MB: Mind & Body
 : SilverSneakers

CLASSROOM

GE: Group Exercise Room
CY: Cycling Room
FC: Fitness Center
EV: Evolved Studio

	START TIME	CLASS	INSTRUCTOR	LENGTH	ROOM	CLASS TYPE
SUNDAYS	1:30 PM	Zumba	Lori	55 Min	GE	C
	2:30 PM	MOSSA Group Power	Deborah	55 Min	GE	S
	3:30 PM	Studio Ignite	Deborah	55 Min	EV	C/S
MONDAYS	5:15 AM	POP Pilates	Deborah	55 Min	GE	MB
	8:00 AM	TRX/Mashup	Darcy	50 Min	EV	C/S
	9:00 AM	Studio Ignite	Tracy	55 Min	EV	C/S
	9:00 AM	Fitness Yoga	Samantha	55 Min	GE	MB
	9:30 AM	MOSSA Group Ride	Darcy	55 Min	CY	C
	10:30 AM	Zumba	Sheila	55 Min	GE	C
	4:30 PM	Pilates	Danna	55 Min	GE	MB
	4:30 PM	Studio Ignite	Donna	55 Min	EV	C/S
	5:30 PM	Zumba	Lori	55 Min	GE	C
5:30 PM	Cycle	Donna	60 Min	CY	C	
TUESDAYS	5:15 AM	MOSSA Group Ride	Deborah	55 Min	CY	C
	5:30 AM	Strength & Core	Brooks	45 Min	GE	S
	7:30 AM	Pilates	Leigh	55 Min	GE	MB
	8:00 AM	Studio Optimize	Darcy	55 Min	EV	C/S
	9:00 AM	Tai Chi	Phil	55 Min	EV	MB
	9:00 AM	*Trekking	Darcy	55 Min	FC	C
	9:00 AM	MOSSA Group Power	Erin	55 Min	GE	S
	10:00 AM	Low Impact Fitness	Paula	55 Min	GE	C
	5:30 PM	Fitness Yoga	Danna	55 Min	CY	MB
	5:30 PM	MOSSA Group Power	Donna	55 Min	GE	S
6:30 PM	Zumba	Melissa	55 Min	GE	C	

	START TIME	CLASS	INSTRUCTOR	LENGTH	ROOM	CLASS TYPE
WEDNESDAYS	5:15 AM	Studio Ignite	Deborah	55 Min	EV	C/S
	5:30 AM	*Trekking	Brooks	55 Min	FC	C
	8:00 AM	Studio Ignite	Darcy	50 Min	EV	C/S
	8:00 AM	Step Aerobics	Samantha	55 Min	GE	C
	9:00 AM	Body Sculpt	Tracy	55 Min	GE	S
	9:00 AM	Fitness Yoga	Samantha	55 Min	EV	MB
	9:30 AM	Cycle	Darcy	55 Min	CY	C
	10:30 AM	SilverSneakers Chair Fitness	Paula	50 Min	GE	
	4:30 PM	Pilates	Donna	45 Min	GE	MB
	5:30 PM	*MOSSA Group Ride	Donna	55 Min	CY	C
5:30 PM	Studio Ignite	Cornelia	55 Min	EV	C/S	
THURSDAYS	5:15 AM	MOSSA Group Power	Deborah	55 Min	GE	S
	7:30 AM	Pilates	Leigh	55 Min	GE	MB
	8:00 AM	HIIT	Darcy	55 Min	EV	C/S
	9:00 AM	Tai Chi	Phil	55 Min	EV	MB
	9:00 AM	MOSSA Group Power	Erin	55 Min	GE	S
	10:00 AM	Low Impact Fitness	Paula	55 Min	GE	C
	10:00 AM	POP Pilates	Deborah	55 Min	EV	MB
	4:30 PM	MOSSA Group Power	Donna	55 Min	GE	S
	5:30 PM	Fitness Yoga	Danna	55 Min	CY	M
6:30 PM	Zumba (starts Sept. 14)	Chemise	55 Min	GE	C	
FRIDAYS	5:30 AM	Cardio Mix	Donna	55 Min	GE	C/S
	8:15 AM	Mash Up	Darcy	50 Min	GE	C/S
	9:00 AM	Studio Ignite	Deborah	55 Min	EV	C/S
	9:15 AM	SilverSneakers Chair Fitness	Paula	50 Min	GE	
	9:30 AM	MOSSA R30	Tracy	45 Min	CY	C
	10:00 AM	Tai Chi	Phil	55 Min	EV	MB
10:30 AM	Zumba	Sheila	55 Min	GE	C	
SATURDAYS	8:00 AM	MOSSA Group Power	Deborah	55 Min	GE	S
	8:30 AM	*Cycle Plus	Donna	55 Min	CY	C
	9:00 AM	Studio Lean	Deborah	70 Min	EV	C/S
	9:30 AM	Cardio Mix	Danna	55 Min	GE	C/S
	11:30 AM	Hatha Yoga	Steve	55 Min	EV	MB