



Sunday

Barbell Strength
4:30-5:30pm / Sandy

Monday

Motivational Monday
5:45-6:30am / Angela
NEW YOGA FORMAT!

Aqua Challenge
7:00-8:00am / Alice

Arthritis Foundation Aquatics Program
8:00-9:00am / Marilyn

Barbell Extreme
8:10-8:55am / Leanne

PiYo
9:05-9:55am / Lisa

Core Training
10:00-10:20am / Sara W.

Senior Boot Camp
10:30-11:15am / Missy

Yoga Mix
5:00-5:55pm / Kathi

Box, Burn & Sculpt
6:05-6:55pm / Jen

Cycle Cross
7:15-8:15pm / Eydie

Tuesday

Zumba
5:30-6:15am / Allison

H2O M&M
7:00-8:00am / Alice

TRX Training
8:00-8:30am / Jen
April 3rd-24th

T.B.C
8:10-8:55am / Mary

Gentle Yoga
9:05-9:55am / Angela

Core Training
10:00-10:20am / Sara W.

SilverSneakers® Yoga
10:30-11:15am / Kathi

Silver&Fit Excel
11:30-12:15pm / Kathi

Circuit Express
4:30-5:00pm / Sara W.

Tabata Kick
6:00-7:00pm / Shannon

Hatha Flow Yoga
7:15-8:30pm / Angela

AGES 11+ YEARS CAN PARTICIPATE

Wednesday

Barbell Cycle
5:30-6:30am / Jen

Aqua Challenge
7:00-8:00am / Stephanie

Arthritis Foundation Aquatics Program
8:00-9:00am / Marilyn

Core De Force
8:10-8:55am / Lindsey
Kickboxing Format!

Kettlebell Crusher
9:05-10:00am / Leanne

Core Yoga Flow
10:10-11:10am / Jill

Cardio Express
4:30-5:00pm / Sara W.

Strengthen & Lengthen
6:00-7:00pm / Allison
April 18th-May 9th

Zumba
7:15-8:15pm / Allison

Thursday

Kickboxing Express
5:45-6:15am / Shannon

TRX Training
6:00-6:30am / Jen
April 5th-26th

H2O Deep
7:00-8:00am / Alice

Cycle & Core
8:10-9:10am / Leanne/Sara W

Silver&Fit Excel
9:30-10:15am / Kathi

SilverSneakers® Yoga
10:30-11:15am / Kathi

Circuit Express
4:30-5:00pm / Jen

PiYo
5:05-5:55pm / Sara W.

Vinyasa Yoga
6:00-7:00pm / Katie

Aqua Fusion
6:00-7:00pm / Rotation

Butts & Guts
7:15-8:00pm / Jen

Friday

Barbell Strength
5:30-6:30am / Jen

Aqua Challenge
7:00-8:00am / Stephanie

Arthritis Foundation Aquatics Program
8:00-9:00am / Marilyn

PiYo Extreme
8:10-8:55am / Leanne

S.W.E.A.T
9:05-9:55am / Leanne

Core Training
10:00-10:20am / Leanne

Senior Boot Camp
10:30-11:15am / Michael

Saturday

IRON FIT / TRX drop-in
6:15-7am & 7-7:30am / Jen
April 7th ONLY

Rise & Grind Boot Camp
7:00-7:55am / Rotation

Weekend Warrior Workout (Aqua)
7:00-8:00am / Barbara

Yoga Mix
8:05-9:05am / Rotation

Zumba
9:15-10:15am / Rotation

Zumba Gold
10:30-11:15am / Pam
April 21st ONLY

Water Class

**New Format
New Instructor
New Time**

Fee Based Class
Registration Required

Ⓢ = Senior Specific

APRIL

Group Exercise

April 1st-30th

- **FREE** for Platinum members
 - **\$3** basic members | **\$5** for non-members
- Note: If you were an active member PRIOR to December 5th, 2016 WITHOUT a lapse in your membership you are grandfathered in to FREE classes.*

Classes are subject to change due to participation
Questions? Contact Sara Weidemann: sweidemann@waconia.org

FACEBOOK.com/SafariIslandFun
www.safariislandcommunitycenter.com

Announcements

- Sunday, April 1st the facility will be closed for Easter. No Barbell Strength @ 4:30pm.
- NEW Yoga format on Mondays 5:45-6:30am. Add a mind/body class to your morning routine!
- Core De Force is now on the regular schedule, check it out!
- All classes in green require advanced sign-ups. Please visit our website for more information on pricing.
- NEW Yoga workshops this month with Katie Hall are on Sunday, April 22nd and 29th. See website for more details.

LAND

GROUP FITNESS CLASS DESCRIPTIONS

Barbell Strength/Extreme: ●●●●

Designed to increase muscular strength and endurance using barbells and dumbbells. Barbell Extreme adds in bursts of cardio!

Barbell Cycle: ●●●●

Looking to effectively train every party of your body? We combine cycle intervals, sprints and hills as well as off the bike barbell exercises to get the most "bang for your buck". Cycling shoes are not recommended for this class.

Box, Burn & Sculpt: ●●●●

We combine resistance training with heart pumping cardio using a variety of kickboxing combos to see gains in strength, cardio, and core stability. Not your typically kickboxing class!

Butts & Guts: ●●●●

A killer resistance workout that focuses on core strength and lower body development for greater definition and improved performance.

Cardio Express: ●●●●

A 30 minute full body cardio class with a moderate workout level designed to have both low and high impact as desired while increasing levels of movement and intensity. All fitness levels are welcome!

Circuit Express: ●●●●

Combines resistance training and cardio intervals. Target muscular strength as well as endurance as you move from one exercise to the next in this easy to follow, fun filled class.

Core Training: ●●●●

20 minutes of a Pilates based exercises to improve your core body strength

Core-Yoga Flow: ●●●●

This class takes you through an active style of Yoga that combines the flow of sun salutations into various strength building and balancing poses as well as a series of body weight and abdominal exercises to strengthen, lengthen and create flexibility. Hands weights are optional.

Cycle & Core: ●●●●

Combines a cardio cycling workout and strength training. It consists of 45 minutes of high-intensity cycling, followed by 10 minutes of core exercises!

Gentle Yoga: ●●●●

This peaceful flow is great for beginners or those looking for mobility and relaxation from their yoga practice

Cycle Cross: ●●●●

Class begins with a 30-min cycle blast (expect sprints, hills, and intervals), and moves into high-intensity functional strength training out of the saddle. All movements will combine body-weight and kettlebell exercises for the perfect combination of **peddle and power!** Expect high energy and team spirit! Cycling shoes are not recommended for this class.

Core De Force: ●●●● NEW CLASS!!!

This MMA-inspired, total-body workout uses core conditioning combinations, bodyweight moves, and cardio spikes to harness the power of your core and have you feeling like a total badass. You'll burn major calories and carve your waist—no equipment needed!

Hatha Flow Yoga: ●●●●

Using basic beginning to intermediate traditional Hatha yoga poses, all the while focusing on breath and relaxing into the pose. This yoga class is theme based incorporating short flow sequences, with a final relaxation pose.

Kettlebell Crusher: ●●●●

Pick up those 'bells' and pack on the benefits: core, strength, cardiovascular endurance, muscle ton and increased mobility. This non-impact workout will elevate your heart rate and simultaneously challenge your major muscle groups.

Kickboxing Express: ●●●●

Kickboxing Express is a non-contact, aerobic kickboxing workout utilizing basic techniques for punching and kicking, as well as basic body conditioning exercise. This class offers all the benefits of Tabata Kick in just 30 minutes.

Motivational Monday Yoga: ●●●● NEW CLASS!!!

Start your week with a dash of motivation and perspective on the mat! Give yourself the time to ease into the upcoming week with a yoga practice that inspires you to face the challenges and opportunities of the upcoming week with an awakening practice with Pilates core work leading up to a peaceful medication.

PiYo: ●●●●

A dynamic class structured around powerful movements, strength training using body weight and the fun factor! The foundation of the class comes from Pilates and Yoga but is far from your "typical" Pilates or Yoga class! **PiYo Extreme is faster paced!**

Rise & Grind Boot Camp : ●●●●

This 60 minute class, combining cardio and weight resistance training, is a guaranteed way to wake you up and feeling ready for the weekend! Class changes or varies each week based on format and instructor so as to avoid plateaus. Class will be in the fitness studio but may also use the track, gym, stairs and hallways. All fitness levels are welcome!

Senior Boot Camp: ●●●● (SS)

Simple athletic drills target all major muscle groups and build strength and stability. Cardio drills keep the heart rate and energy expenditure up throughout the work phase. Balance training, flexibility, relaxation components aim to recover for a total body workout.

Silver&Fit Excel: ●●●● (SS)

Silver&Fit Excel is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance. Participants must be able to move from floor to standing vice versa.

SilverSneakers® Yoga: ●●●● (SS)

The class format will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

S.W.E.A.T ●●●●

Strength, Weights, Endurance, Athletic Training (S.W.E.A.T). This class is a mash-up of metabolic and endurance training with an emphasis on building strength and burning calories. The barbell will be the main source of equipment used along with additional variety. Just as promised, we'll make you SWEAT!

Tabata Kick: ●●●●

Combining two of the most effective workouts, tabata and kickboxing. Using light hand weights, you will punch and kick using the 20 seconds on, 10 seconds off tabata formula.

T.B.C. (Total Body Conditioning): ●●●●

Muscle strength and endurance training to tone and shape your body, using a variety of equipment, including steps, weights, bands and balls.

Vinyasa Yoga: ●●●●

Come experience a flowing yoga class that will help build strength, flexibility and cardio creating heat in the body.

Yoga Mix: ●●●●

Flow through your practice while working on poses. This class accommodates a wide range of experience levels from beginner to students that have practiced for a long period of time.

Zumba: ●●●●

A fusion of Latin music and dance themes mixing body sculpting movements with easy to follow dance steps! Energy required!

WATER

Aqua Challenge: ●●●●

Shallow water aerobics, muscle conditioning, and stretching using barbells and/or noodles.

Aqua Fusion: ●●●● NEW CLASS!!!

If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve your cardio conditioning, alternating with strength/balance and core straining segments.

H2O Deep: ●●●●

A challenging non-impact deep water class using belts or noodles for flotation. A great cardiovascular workout plus gentle on joints.

Arthritis Foundation Aquatic Program: ●●●● (SS)

Low impact workout increases strength, flexibility, endurance, circulation, and balance. Class targets those with MS, Arthritis, Fibromyalgia, joint replacement, movement limitations, etc. Arthritis Foundation and MS Society sponsored class.

H2O Muscles in Motion (M & M): ●●●●

Constant motion and focus on total body conditioning and core work to improve muscular strength, endurance and balance.

Weekend Warrior Workout: ●●●● NEW CLASS!!!

This medium-to-high intensity deep/shallow combo class may use choreography, interval training, partner work, or even games to get the heart rate up and muscles worked. The one thing that's guaranteed is a great workout to start your weekend off right!

Class Intensity Levels

- Senior Specific (SS)
- Beginner (modifications are given)
- Intermediate
- Advanced