



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes New Format New Instructor New Time Fee Based Class <i>Registration Required</i> (SS) = Senior Specific	Boot Camp 5:30-6:30am / Sandy	Zumba 5:30-6:15am / Allison	Boot Camp Cycle 5:30-6:30am / Jen	Tabata Kick 5:30-6:15am / Sarah F.	Barbell Strength 5:30-6:30am / Jen
	Aqua Challenge 7:00-8:00am / Alice August 14th-31st: 7:00-7:45am / NEW TIME	H2O M&M 7:00-8:00am / Alice	Aqua Challenge 7:00-8:00am / Stephanie August 14th-31st 7:00-7:45am / NEW TIME	Buddy Bootcamp 5:30-6:30am / Shannon August 3rd - 31st (no 10th)	Aqua Challenge 7:00-8:00am / Stephanie August 14th-31st 7:00-7:45am / NEW TIME
	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn August 14th-31st 7:45-8:30am / NEW TIME	T.B.C 8:00-8:55am / Sara J.	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn August 14th-31st 7:45-8:30am / NEW TIME	TRX Training 6-6:30am / Jen August 3rd-31st (no 23rd)	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn August 14th-31st 7:45-8:30am / NEW TIME
	Barbell Extreme 8:00-8:55am / Leanne	Gentle Yoga 9:00-9:55am / Angela	Core Training 10:00-10:20am / Jen	H2O Deep 7:00-8:00am / Alice	PiYo Extreme 8:00-8:55am / Leanne
	PiYo 9:00-9:55am / Lisa	SilverSneakers® Yoga (SS) 10:30-11:15am / Kathi	Step N' More 8:00-8:55am / Sara J.	Cycle & Core 8:00-9:00am / Sara W.	Barbell Strength 9:00-9:55am / Leanne
	Core Training 10:00-10:20am / Sara W.	Silver&Fit Excel (SS) 11:30-12:15pm / Kathi	Outdoor Body Blast 9:00-10:00am / Leanne	Silver&Fit Excel (SS) 9:30-10:15am / Kathi	Core Training 10:00-10:20am / Leanne
	Senior Boot Camp (SS) 10:30-11:15am / Missy	Circuit Express ☀️ 4:30-5:00pm / Sara W.	Yoga Sculpt 10:10-11:10am / Leanne	SilverSneakers® Yoga (SS) 10:30-11:15am / Kathi	Senior Boot Camp (SS) 10:30-11:15am / Jen
	Yoga Mix 5:00-5:55pm / Kathi	Tabata Kick 6:00-7:00 / Shannon	Cardio Express ☀️ 4:30-5:00pm / Sara W.	Circuit Express ☀️ 4:30-5:00pm / Jen	
	Box, Burn & Sculpt 6:00-6:55pm / Jen	Hatha Flow Yoga 7:15-8:30pm / Angela	Core De Force (FREE) (NEW) 5:30-6:30pm / Mandy August 16th & 23rd ONLY	PiYo 5:05-5:55pm / Sara W.	
	Cycle 7:15-8:00pm / Eydie	<div style="border: 2px solid red; padding: 5px;"> See the ☀️ icon? It means that if the weather is nice, class will be held outside! If it's too humid or hot we will be indoors! </div>	Zumba 7:15-8:15pm / Allison	Vinyasa Yoga 6:00-7:00pm / Katie	Outdoor Boot Camp ☀️ 7:00-7:55am / Rotation FREE TO PUBLIC
		Aqua Mix 6:00-7:00pm / Barbara/Joan	Butts & Guts ☀️ 7:15-8:00pm / Eydie	Aqua Mix 7:00-8:00am / Barbara	

Group Exercise SCHEDULE AUGUST

August 1st - 31st

- **FREE** for Platinum members
- **\$3** fee for basic members
- **\$5** drop in fee for non-members

Note: If you were a member PRIOR to December 5th, 2016 you are grandfathered in to FREE classes.

Classes are subject to change due to participation

Questions? Contact Sara Weidemann: sweidemann@waconia.org



Announcements:

Safari Island is **CLOSED** for its annual facility shutdown starting Monday, August 7th - Sunday, August 13th. Facility will re-open on Monday, August 14th. We will have a **MODIFIED** group exercise schedule where classes will be held at the Ice Arena. See second page!

Interested in a fee based class? For more information visit www.safariislandcommunitycenter.com/specialityclassesandprograms

Saturday
Outdoor Boot Camp ☀️ 7:00-7:55am / Rotation FREE TO PUBLIC
Aqua Mix 7:00-8:00am / Barbara
Yoga Mix 8:00-9:00am / Rotation
Kangoo Jumps 8:00-9:00am / Kitty August 26th ONLY
Zumba 9:15-10:15am / Rotation

Sunday
Barbell Strength 5:30-6:30pm / Sarah F.



FACEBOOK.com/SafariIslandFun
www.safariislandcommunitycenter.com

Modified Shutdown Fitness Schedule

Location: Waconia Ice Arena

Safari Island is CLOSED for its annual shut down Monday, August 7th—Sunday August 13th. The following classes will be held inside OR outside the Ice Arena. NO CLASSES will be held at Safari Island. **Only between these times will you be able check in so we can record your visit to go towards any health insurance reimbursement.** All mats and equipment will still be provided!

We encourage all group exercise participants to bring a water bottle to class incase it's outside!

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th	Saturday 12th
Outdoor Body Blast (Strength Focused) 8:00-8:55am / Leanne	Gentle Yoga 9:00-10am / Angela	Outdoor Body Blast 9:00-10:00am / Leanne	Chair Yoga 10:30-11:15am / Kathi	PiYo Extreme 8:00-8:55am / Leanne	Outdoor Boot Camp 7:00-7:55am / Shannon
PiYo 9:00-9:55am / Lisa	Chair Yoga 10:30-11:15am / Kathi	Zumba 7:15-8:15pm / Allison	Vinyasa Yoga 6:00-7:00pm / Katie		Yoga Mix 8:00-9:00am / Angela
Butts & Guts 7:15-8pm / Jenna	Tabata Kick 6:00-7:00 / Shannon		Butts & Guts 7:15-8:00pm / Jenna	NO CHILDCARE will be available during these classes since Safari Island is CLOSED!	

For class descriptions please see our website:

www.safariislandcommunitycenter.com/group-exercise