



Water Class

New Format **New Instructor** **New Time**

Fee Based Class
Registration Required

15 = Minimum age required to attend class

SS = Senior Specific

FAST Group Exercise

Monday	
Aqua Challenge	7:00-8:00am / Alice
Arthritis Foundation Aquatics Program	8:00-9:00am / Marilyn
Barbell Extreme	8:10-8:55am / Leanne
HIIT Yoga	9:05-9:55am / Jill
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
Zumba	7:15-8:15pm / Elisa

****REMINDER****
Facility is CLOSED:
August 6th-12th
Modified schedule is available on 2nd page.

Tuesday	
Core De Force	5:30-6:15am / Lindsey
H2O M&M	7:00-8:00am / Alice
T.B.C	8:10-8:55am / Jenna
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 / Eydie
Buddy Bootcamp	5:05-5:50pm / Shannon
August 21st	
Tabata Kick	6:00-7:00pm / Shannon
Hatha Flow Yoga	7:15-8:30pm / Angela

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
Outdoor Body Blast	9:05-10:00am / Leanne
Core Yoga Flow	10:10-11:00am / Jill
Cardio Express	4:30-5:00pm / Sara W.
Zumba	7:15-8:15pm / Elisa

AGES 12+ YEARS CAN PARTICIPATE
unless indicated otherwise

Thursday	
Kickboxing Express	5:45-6:15am / Shannon
H2O Deep	7:00-8:00am / Alice
Cycle Yoga Fusion	8:10-9:10am / Leanne/Sara
Silver&Fit Excel	9:30-10:15am / Kathi
SilverSneakers® Yoga	10:30-11:15am / Angela
Circuit Express	4:30-5:00pm / Eydie
PiYo	5:05-5:55pm / Sara W.
Vinyasa Yoga	6:00-7:00pm / Whitney
Aqua Fusion	6:00-7:00pm / Joan
Butts & Guts	7:15-8:00pm / Jen

Friday	
Barbell Strength	5:30-6:30am / Amy
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	
August 4th only	
Rise & Grind Boot Camp	
7:00-7:55am / Rotation	
Weekend Warrior Workout	
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	
August 18th only	

Sunday	
Barbell Strength	
5:30-6:30pm / Sandy	

Announcements

- The facility is **CLOSED** starting Monday the 6th - Sunday the 12th for annual shutdown. See 2nd page for modified fitness schedule where classes will be located at the ice arena!
- NEW Monday 9am Yoga format with Jill Hahn!
- Join Whitney for Yoga workshops this month on Sunday the 5th "A Guide to Meditation Workshop" and Sunday the 19th "Yoga for the Busy Human Workshop".
- Please review our age policy guidelines for each class.

August 1st-31st

- FREE for Platinum 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.

- \$3 basic members | \$5 for non-members

Classes are subject to change due to participation

Questions? Contact Sara Weidemann: sweidemann@waconia.org



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 6th—Sunday August 12th. The following classes will be held inside OR outside the Ice Arena. NO CLASSES will be held at Safari Island and NO classes on Sunday the 12th. **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 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th
Outdoor Body Blast 8:00-8:55am / Leanne	Gentle Yoga 9:00-10:00am / Angela	Outdoor Body Blast 9:00-10:00am / Leanne		PiYo Extreme 8:00-8:55am / Leanne	Outdoor Boot Camp 7:00-7:55am / Shannon
HIIT Yoga 9:00-10:00am / Jill	Tabata Kick 6:00-7:00 / Shannon	Core Yoga Flow 10:10-11:00am / Jill	Vinyasa Yoga 6:00-7:00pm / Whitney		Yoga Mix 8:05-9:00am / Angela
Butts & Guts 6:00-7:00pm / Jen		Zumba 7:15-8:15pm / Elisa	Butts & Guts 7:15-8:00pm / Jen	NO CHILDCARE will be available during these classes since Safari Island is CLOSED!	

For class descriptions please see 3rd page:

www.safariislandcommunitycenter.com/group-exercise

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: ●●●● 15

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. **Cycle pass is REQUIRED for this class and is available for pick up at the desk 15 minutes prior to the 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 Yoga Fusion ●●●● 15

This cycle + yoga format class combines the best of both worlds. After an exhilarating 30 minute cycle workout, participants get off the bike to focus on the parts of the body that need some yoga love, including hips, hamstrings, IT bands and more. An amazing, full body cardio workout paired with a yoga class? We can't think of anything better! **Cycle pass is REQUIRED for this class and is available for pick up at the desk 1 hour prior to the class.**

Gentle Yoga: ●●●●

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

Core De Force: ●●●●

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!

HIIT Yoga: ●●●●

High-intensity Interval Training (HIIT) Yoga combines short intervals of fast paced activity with or without the use of weights topped with periods of recovery and stretching for the ultimate total body workout.

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.

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: ●●●●

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 meditation. This class is motivation for the MIND!

Outdoor Body Blast: ●●●●

Blast your cardio fitness to the next level. This class provides the variety your body needs to see results by combining fun cardio routines and drills with specific muscle conditioning that will be tailored to the class's needs from week to week. This is a great time to enjoy the outdoors and feel the burn!

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): ●●●● 15

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: ●●●●

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: ●●●●

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
- 15 Minimum age to attend class