



**Water Class**

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

**Fee Based Class**  
*Registration Required*

= Senior Specific

# February Group Exercise

Sunday
<b>Barbell Strength</b> 4:30-5:30pm / Sandy
<b>Strengthen &amp; Lengthen</b> 5:45-6:45pm / Allison <i>February 11th-March 4th</i>
Monday
<b>Aqua Challenge</b> 7:00-8:00am / Alice
<b>Arthritis Foundation Aquatics Program</b> 8:00-9:00am / Marilyn
<b>Barbell Extreme</b> 8:10-8:55am / Leanne
<b>PiYo</b> 9:05-9:55am / Lisa
<b>Core Training</b> 10:00-10:20am / Sara W.
<b>Senior Boot Camp</b> 10:30-11:15am / Missy
<b>Yoga Mix</b> 5:00-5:55pm / Kathi
<b>Box, Burn &amp; Sculpt</b> 6:05-6:55pm / Jen
<b>Cycle Cross</b> 7:15-8:15pm / Eydie

Tuesday
<b>Zumba</b> 5:30-6:15am / Allison
<b>H2O M&amp;M</b> 7:00-8:00am / Alice
<b>TRX Training</b> 8:00-8:30am / Jen <i>February 6th-27th (no 2/20)</i>
<b>T.B.C</b> 8:10-8:55am / Mary
<b>Gentle Yoga</b> 9:05-9:55am / Angela
<b>Core Training</b> 10:00-10:20am / Sara W.
<b>SilverSneakers® Yoga</b> 10:30-11:15am / Kathi
<b>Silver&amp;Fit Excel</b> 11:30-12:15pm / Kathi
<b>Circuit Express</b> 4:30-5:00pm / Sara W.
<b>Buddy Boot Camp</b> 5:05-5:50pm / Shannon <i>February 20th-March 13th</i>
<b>Tabata Kick</b> 6:00-7:00 / Shannon
<b>Hatha Flow Yoga</b> 7:15-8:30pm / Angela

Wednesday
<b>Barbell Cycle</b> 5:30-6:30am / Jen
<b>Aqua Challenge</b> 7:00-8:00am / Stephanie
<b>Arthritis Foundation Aquatics Program</b> 8:00-9:00am / Marilyn
<b>Step N' More</b> 8:10-8:55am / Sara J.
<b>Kettlebell Crusher</b> 9:05-10:00am / Leanne
<b>Core Yoga Flow</b> 10:10-11:10am / Jill
<b>Cardio Express</b> 4:30-5:00pm / Sara W.
<b>Zumba</b> 7:15-8:15pm / Allison
<b>Aqua Mix</b> 6:00-7:00pm / Joan

**AGES 11+ YEARS CAN PARTICIPATE**

Thursday
<b>Kickboxing Express</b> 5:45-6:15am / Shannon
<b>TRX Training</b> 6:00-6:30am / Jen <i>February 1st-22nd (no 2/15)</i>
<b>H2O Deep</b> 7:00-8:00am / Alice
<b>Cycle &amp; Core</b> 8:10-9:10am / Leanne/Sara W
<b>Silver&amp;Fit Excel</b> 9:30-10:15am / Kathi
<b>SilverSneakers® Yoga</b> 10:30-11:15am / Kathi
<b>Circuit Express</b> 4:30-5:00pm / Jen
<b>PiYo</b> 5:05-5:55pm / Sara W.
<b>Vinyasa Yoga</b> 6:00-7:00pm / Katie
<b>Butts &amp; Guts</b> 7:15-8:00pm / Jen

Friday
<b>Barbell Strength</b> 5:30-6:30am / Jen
<b>Aqua Challenge</b> 7:00-8:00am / Stephanie
<b>Arthritis Foundation Aquatics Program</b> 8:00-9:00am / Marilyn
<b>PiYo Extreme</b> 8:10-8:55am / Leanne
<b>S.W.E.A.T</b> 9:05-9:55am / Leanne
<b>Core Training</b> 10:00-10:20am / Leanne
<b>Senior Boot Camp</b> 10:30-11:15am / Lisa

Saturday
<b>IRON FIT / TRX drop-in</b> 6:15-7am & 7-7:30am / Jen <i>February 3rd only</i>
<b>Rise &amp; Grind Boot Camp</b> 7:00-7:55am / Rotation
<b>Aqua Mix</b> 7:00-8:00am / Rotation
<b>Yoga Mix</b> 8:00-9:00am / Rotation
<b>Zumba</b> 9:15-10:15am / Rotation
<b>Zumba Gold</b> 10:30-11:15am / Pam <i>February 17th only</i>

## Announcements

- “The Yamas and Practice” Yoga Workshop with Kathi Reeves is on Sunday the 4th from 1-3pm. Advanced sign up required.
- Zumba Gold is on Saturday, February 17th at 10:30am with Pam.
- All classes in green require advanced sign-ups. Please visit our website for more information on pricing.
- We are OPEN regular hours on February 19th for President’s Day. All classes are a go!

Weekly e-mail/text message alerts are sent out every Sunday at 7:30pm! Sign up at the front desk!

## February 1st-28th

- **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](mailto:sweidemann@waconia.org)



**FACEBOOK.com/SafariIslandFun**  
**www.safariislandcommunitycenter.com**

# GROUP FITNESS CLASS DESCRIPTIONS

## LAND

### **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.

### **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.

### **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.

### **Step N' More:** ●●●●

Choreography varies each class between power, athletic, or traditional moves. Strength training, killer abs, or core exercise variations keep you challenged right to the end! If you are somebody that likes variety, then you will love the spontaneity of this class.

### **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 Mix:** ●●●●

Aerobics and muscle conditioning using resistance and flotation equipment in both shallow and deep water.

### **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.

### Class Intensity Levels

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