



	Monday	Tuesday	Wednesday	Thursday	Friday
Water Classes	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
New Format New Instructor New Time	Aqua Challenge 7:00-8:00am / Alice	H2O M&M 7:00-8:00am / Alice	Aqua Challenge 7:00-8:00am / Stephanie	TRX Training 6-6:30am / Jen <i>July 6th-27th</i>	Aqua Challenge 7:00-8:00am / Stephanie
Fee Based Class <i>Registration Required</i>	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn	T.B.C 8:00-8:55am / Sara J.	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn	H2O Deep 7:00-8:00am / Alice	Arthritis Foundation Aquatics Program (SS) 8:00-9:00am / Marilyn
(SS) = Senior Specific	Barbell Extreme 8:00-8:55am / Leanne	Boot Camp 8:30-9:30am / Sara J. 4th of July	Step N' More 8:00-8:55am / Sara J.	Cycle & Core 8:00-9:00am / Sara W.	PiYo Extreme 8:00-8:55am / Leanne
	PiYo 9:00-9:55am / Lisa	Gentle Yoga 9:00-9:55am / Angela	Outdoor Body Blast 9:00-10:00am / Leanne	Silver&Fit Excel (SS) 9:30-10:15am / Kathi	Barbell Strength 9:00-9:55am / Leanne
	Core Training 10:00-10:20am / Sara W.	Core Training 10:00-10:20am / Jen	Yoga Sculpt 10:10-11:10am / Leanne	SilverSneakers® Yoga (SS) 10:30-11:15am / Kathi	Core Training 10:00-10:20am / Leanne
	Senior Boot Camp (SS) 10:30-11:15am / Missy	SilverSneakers® Yoga (SS) 10:30-11:15am / Kathi	Cardio Express 4:30-5:00pm / Sara W.	Circuit Express 4:30-5:00pm / Jen	Senior Boot Camp (SS) 10:30-11:15am / Jen
	Yoga Mix 5:00-5:55pm / Kathi	Silver&Fit Excel (SS) 11:30-12:15pm / Kathi	Zumba 7:15-8:15pm / Allison	PiYo 5:05-5:55pm / Sara W.	
	Box, Burn & Sculpt 6:00-6:55pm / Jen	Circuit Express 4:30-5:00pm / Sara W.	Aqua Mix 6:00-7:00pm / Barbara/Joan	Vinyasa Yoga 6:00-7:00pm / Katie	Saturday
	Cycle 7:15-8:00pm / Eydie	Tabata Kick 6:00-7:00 / Shannon	<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>	RIPPED Water Boot Camp 5:45-6:45pm / Eydie <i>July 13th-August 3rd</i>	Outdoor Boot Camp 7:00-7:55am / Rotation FREE TO THE PUBLIC ALL SUMMER LONG!
		Hatha Flow Yoga 7:15-8:30pm / Angela		Butts & Guts 7:15-8:00pm / Eydie	Aqua Mix 7:00-8:00am / Barbara
					Yoga Mix 8:00-9:00am / Rotation
					Zumba 9:15-10:15am / Rotation
					Sunday
					Barbell Strength 5:30-6:30pm / Sarah F.

Group Exercise SCHEDULE JULY

July 1st - July 31st

- FREE for Platinum members

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

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

Classes are subject to change due to participation

Questions? Contact Sara Weidemann: sweidemann@waconia.org



Announcements:

- OPEN Tuesday, July 4th from 8am-1pm. Special Holiday Boot Camp from 8:30-9:30am!
- NEW Zumba Gold (Active Older Adult) will be offered on Saturday, July 22nd & August 26th from 10:30-11:15am. Mark your calendars and join us for some Zumba with Pam Koltes
- Saturday Bootcamp is FREE to EVERYONE! Bring your friends. Back up space is the gym!



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!

Boot Camp: ●●●●

We want to keep you guessing—and challenge you different in every class! Workouts are designed to improve your overall fitness - strength, cardio, flexibility, agility and endurance.

Boot Camp Cycle: ●●●●

This interval training class blends sprints, hills and endurance with full body moves and plyometrics off the bike to condition your whole body. (bike shoes not suggested for 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!

Core Training: ●●●●

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

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.

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! **Monday 7:15pm is JUST cycle!**

Gentle Yoga: ●●

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

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.

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 pace and we encourage that you have PiYo experience!**

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: ●●●●

Enhance your step experience with this fun cardio intense class that conditions the entire body inside and out! 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.

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.

Yoga Sculpt: ●●●●

A total body workout, set to energizing music designed to tone and sculpt every major muscle group. Free weights are added to yoga sequences but are totally optional.

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