



**Summer Swim  
Lessons Start  
June 5th!**

## **BUDDY BOOTCAMP** with Shannon & Matt

What's better than transforming your body in just four weeks? Doing it with a friend! Pair up with a spouse sibling, mom, dad, friend, or co-worker and spend your Wednesday evenings outside with Personal Trainer, Shannon Turek and her husband Matt! Cost is \$60 for member pairs and \$100 for non-member pairs. Starts Wednesday June 14th at 5:30-6:30pm.

## **TRX TRAINING**

Are you ready for the first ROUND of TRX Training OUTSIDE?! Join Personal Trainer, Jen Mielke, in this FUN and challenging total body workout! Cost is \$40 for members and \$60 for non-members. Make YOUR BODY Your Machine! Starting Thursdays June 1st at 6-6:30am.

## **MAT PILATES**

**SAFARI ISLAND COMMUNITY CENTER**

**JUNE 6TH - JUNE 27TH  
TUESDAYS 5:10-5:55PM**

Pilates mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginner and intermediate pace. No previous Pilates experience is necessary to participate in this 4 week class. Cost is \$35 for members and \$50 for non-members. \*Bring own 36" foam roller\*

## **New to Group Fitness for June**

- **NEW** Cycle class on Monday evenings 7:15pm
- **NEW** Boot Camp Cycle on Wednesday mornings 5:30am
- Sunday Barbell Strength is moved to 5:30pm for the summer
- Saturday 7am Bootcamp is FREE to public
- All 8:10am classes are moved to 8am
- Classes with the ☀️ icon means they will be outside

# Stay Active

Safari Island Community Center

**SUMMER**  
June 5th - September 3rd

# Challenge

This summer we are putting on the Stay Active Summer Challenge. It is a three month summer fitness program that is FREE for Safari Island Community Center members. We're challenging our members to stay active this Summer! Members will receive points for checking in and attending classes. Prizes were donated by some of the following businesses: Safari Island, Waconia Family Chiropractic, Mackenthun's, Big Thrill Factory, Pump it Up, Timber Creek Golf Course, Bowlero, Waconia Women's Health and MORE! Sign up today by contacting Sara Weidemann at [sweidemann@waconia.org](mailto:sweidemann@waconia.org)