



Monday	
<b>Water Classes</b>	<b>Boot Camp</b> 5:30-6:30am / Sandy
<b>New Format New Instructor New Time</b> <b>NEW</b>	<b>Aqua Challenge</b> 7:00-8:00am / Alice
<b>Fee Based Class</b> <i>Registration Required</i>	<b>Arthritis Foundation Aquatics Program</b> (SS) 8:00-9:00am / Marilyn
(SS) = Senior Specific	<b>Barbell Extreme</b> 8:10-8:55am / Leanne
	<b>Boot Camp</b>  8:30-9:30am / Sarah F May 29th (Memorial Day)
	<b>PiYo</b> 9:00-9:55am / Lisa
	<b>Core Training</b> 10:00-10:20am / Sara W.
	<b>Senior Boot Camp</b> (SS) 10:30-11:15am / Missy
	<b>Yoga Mix</b> 5:00-5:55pm / Kathi
	<b>Box, Burn &amp; Sculpt</b> 6:00-6:55pm / Jen
	<b>Zumba</b> 7:00-8:00pm / Pam

Tuesday	
	<b>Zumba</b> 5:30-6:15am / Allison
	<b>TRX Training</b> 6-6:30am / Jen
	<b>H2O M&amp;M</b> 7:00-8:00am / Alice
	<b>T.B.C</b> 8:10-8:55am / Mary
	<b>Gentle Yoga</b> 9:00-9:55am / Angela
	<b>Core Training</b> <b>NEW</b> 10:00-10:20am / Jen
	<b>SilverSneakers® Yoga</b> (SS) 10:30-11:15am / Kathi
	<b>Silver&amp;Fit Excel</b> (SS) 11:30-12:15am / Kathi
	<b>Circuit Express</b> 4:30-5:00pm / Sara W.
	<b>Tabata Kick</b> 6:00-7:00 / Shannon
	<b>Hatha Flow Yoga</b> 7:15-8:30pm / Angela

Wednesday	
	<b>Boot Camp</b> 5:30-6:30am / Jen
	<b>Cycle</b> 5:30-6:15am / Sarah F.
	<b>Aqua Challenge</b> 7:00-8:00am / Stephanie
	<b>Arthritis Foundation Aquatics Program</b> (SS) 8:00-9:00am / Marilyn
	<b>Step N' More</b> 8:10-8:55am / Sara J.
	<b>Kettle Kombo</b> 9:00-10:00am / Leanne
	<b>Cardio Express</b> <b>NEW</b> 4:30-5:00pm / Sara W.
	<b>Yoga Sculpt</b> 10:10-11:10am / Leanne
	<b>Zumba</b> 7:15-8:15pm / Allison
	<b>Aqua Mix</b> 6:00-7:00pm / Barbara

Thursday	
	<b>Tabata Kick</b> <b>NEW</b> 5:30-6:15am / Sarah F.
	<b>H2O Deep</b> 7:00-8:00am / Alice
	<b>Cycle &amp; Core</b> <b>NEW</b> 8:10-9:10am / Sara W.
	<b>Silver&amp;Fit Excel</b> (SS) 9:30-10:15am / Kathi
	<b>SilverSneakers® Yoga</b> (SS) 10:30-11:15am / Kathi
	<b>Circuit Express</b> 4:30-5:00pm / Jen
	<b>PiYo</b> <b>NEW</b> 5:05-5:55pm / Sara W.
	<b>Vinyasa Yoga</b> <b>NEW</b> 6:00-7:00pm / Katie
	<b>RIPPED Water Bootcamp</b> 6:40-7:20pm / Eydie
	<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> (SS) 8:00-9:00am / Marilyn
	<b>PiYo Extreme</b> 8:10-8:55am / Leanne
	<b>Barbell Strength</b> 9:00-9:55am / Leanne
	<b>Core Training</b> 10:00-10:20am / Leanne
	<b>Senior Boot Camp</b> (SS) <b>NEW</b> 10:30-11:15am / Jen

Saturday	
	<b>Boot Camp</b> 7:00-7:55am / Rotation
	<b>Aqua Mix</b> 7:00-8:00am / Barbara
	<b>Yoga Mix</b> 8:00-9:00am / Rotation
	<b>Zumba</b> 9:15-10:15am / Rotation

Sunday	
	<b>PiYo</b> 1:00-2:00pm / Rotation
	<b>Barbell Strength</b> 4:30-5:30pm / Sarah F.

# Group Exercise SCHEDULE MAY

## May 1st - May 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](mailto:sweidemann@waconia.org)



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



### Announcements:

- We are open on Memorial Day from 6am-1pm. All classes are cancelled except for a special Boot Camp class between 8:30-9:30am with Sarah Foley!
- May is Waconia's Active Aging month! A lot of activities and events going on for Seniors this month! Check out [www.safariislandcommunitycenter.com/activeaging](http://www.safariislandcommunitycenter.com/activeaging)
- Last month of Tuesday's Silver & Fit Excel and Wednesday morning Cycle! They will be back this Fall!
- Fee based classes this month: **Deadline to sign up for these is Friday, April 28th!!**
- Sign up for notify me text/e-mail alerts about any class or sub changes to the schedule. Go to [www.waconia.org](http://www.waconia.org) and click on the "Notify Me" link!

# 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.

### **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!

### **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. Time is taken to safely get into a pose, allowing those to use props or modifications where needed, and allowing the more experienced yoga student to hold the pose longer which gives a great cardiovascular aspect to the class. This yoga class is theme based incorporating short flow sequences, with a final relaxation pose.

### **Kettle Kombo:** ●●●●

Kettlebell strength and endurance exercises with cardio intervals splashed in!

### **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:** ●●●●

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:** ●●●●

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:** ●●●●

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. The class works on a balance between strength and flexibility while building endurance and improving your breathing and posture.

### **Yoga Sculpt:** ●●●●

A total body workout, set to energizing music designed to ton 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:** ●●●●

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