

We will be open 6:00am-1:00pm on Memorial Day!

ALL fitness classes are cancelled for Memorial Day except for a special Boot Camp class between 8:30am-8:30am with Sarah Foley!

The pools will be open 9am-1pm for Memorial Day!

MAY Active Aging Month!

The mission of Waconia Active Aging Month is to highlight local level wellness events that promote taking personal responsibility for one's health...be it physically, socially, mentally, financially. This month is designed to focus attention on the positive aspects of growing older. Please visit:

www.safariislandcommunitycenter.com/activeaging to find more about the many events that are planned throughout the month of May, as well as the participating businesses.

New to Group Fitness for May

- ◆ NEW Cardio Express 4:30pm on Wednesdays
- ◆ NEW Tabata Kick 5:30am on Thursdays
- ◆ NEW Cycle & Core 8:10am on Thursdays
- ◆ NEW PiYo & Yoga instructor on Thursdays
- ◆ Senior Boot Camp on Fridays will now be taught by Jen

TRX TRAINING

Are you ready for ROUND 3 of TRX Training? 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 Tuesday May 2nd-May 23rd from 6-6:30am for 4 weeks!

RIPPED WATER BOOTCAMP

A mix of high intensity, resistance, and cardio moves in the water. The water workout promotes building of lean muscle and increased cardiovascular fitness. Class starts **May 11th-May 25th every Thursday 6:40-7:40pm.** Cost is \$50 members/ \$70 non-members

Safari Island's CINCO DE MAYO ZUMBA Dance Party

Saturday, May 6th 9:15-10:45am

Join all 4 instructors for 90 minutes of fun fiesta!

Platinum Members: April 17th

Basic Members: May 1st & Non-Members: May 8th

summer swim Lessons start June 5th! Sign Up Now!