



Water Class

New Format
New Instructor
New Time

Fee Based Class
Registration Required

= Senior Specific

November Group Exercise

November 1st-30th

- **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
- **10 Visit Group Exercise Punch Cards** are available for **\$40 (NEW)**
- **Classes are subject to change due to participation**
- Questions? Contact Sara Weidemann: sweidemann@waconia.org

FACEBOOK.com/SafariIslandFun
www.safariislandcommunitycenter.com

Monday
Core De Force 5:30-6:15am / Lindsey Oct. 30th-Dec. 4th
Aqua Challenge 7:00-8:00am / Alice
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn
Barbell Extreme 8:10-8:55am / Leanne
PiYo 9:00-9:55am / Lisa
Core Training 10:00-10:20am / Sara W.
Senior Boot Camp 10:30-11:15am / Missy
Yoga Mix 5:00-5:55pm / Kathi
Box, Burn & Sculpt 6:00-6:55pm / Jen
Cycle 7:15-8:00pm / Eydie

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

AGES 11+ YEARS CAN PARTICIPATE

Wednesday
Boot Camp Cycle 5:30-6:30am / Jen
Aqua Challenge 7:00-8:00am / Stephanie
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn
Step N' More 8:10-8:55am / Sara J.
Kettle Kombo 9:00-10:00am / Leanne
Yoga Sculpt 10:10-11:10am / Jill
Cardio Express 4:30-5:00pm / Sara W.
Core De Force 5:05-5:50pm / Lindsey Nov. 1st-Dec. 13th (no 11/22)
Buddy Boot Camp 6:00-6:45pm / Shannon Nov. 29th-Dec. 20th
Zumba 7:15-8:15pm / Allison <i>No class on November 22nd</i>
Aqua Mix 6:00-7:00pm / Barbara/Joan

Thursday
Tabata Kick 5:30-6:15am / Shannon
TRX Training 6-6:30am / Jen Nov 2nd-Nov. 30th (no 11/23)
H2O Deep 7:00-8:00am / Alice
Cycle & Core 8:10-9:10am / Leanne
Turkey Burn Boot Camp Thanksgiving Day ONLY 8:30-9:30am / Sara J.
Silver&Fit Excel 9:30-10:15am / Kathi
SilverSneakers® Yoga 10:30-11:15am / Kathi
Circuit Express 4:30-5:00pm / Jen
PiYo 5:05-5:55pm / Sara W.
Vinyasa Yoga 6:00-7:00pm / Katie
Butts & Guts 7:15-8:00pm / Jen

Friday
Barbell Strength 5:30-6:30am / Jen
Aqua Challenge 7:00-8:00am / Stephanie
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn
PiYo Extreme 8:10-8:55am / Leanne
Barbell Strength 9:00-9:55am / Leanne
Core Training 10:00-10:20am / Leanne
Senior Boot Camp 10:30-11:15am / Lisa

Saturday
Rise & Grind Boot Camp 7:00-7:55am / Rotation
Aqua Mix 7:00-8:00am / Barbara
Yoga Mix 8:00-9:00am / Rotation
Zumba 9:15-10:15am / Rotation
Zumba Gold 10:30-11:15am / Pam ONLY on November 18th

Sunday
Barbell Strength 4:30-5:30pm / Sandy

Announcements

- Open Thanksgiving Day from 6am-12pm. All regular fitness classes are cancelled. Join us for a Turkey Burn Bootcamp from 8:30-9:30am
- Yoga Workshop - "What is Your Body Saying in This Pose" is on Sunday, November 12th from 2-3:30pm. Register online!
- Veterans Gratitude Yoga Class (donation only) is on Sunday, November 5th from 1-2pm. Requested donation is \$10
- NEW format on Saturday mornings - Rise & Grind Boot Camp! Don't miss the first class on November 4th!
- Learn more about your speciality classes by visiting our website at www.safariislandcommunitycenter.com

GROUP FITNESS CLASS DESCRIPTIONS

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Barbell Strength/Extreme: ●●●●

Designed to increase muscular strength and endurance using barbells and dumbbells. Barbell Extreme adds in bursts of cardio!

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!

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

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.

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!**

Rise & Grind Boot Camp : ●●●● **NEW CLASS!!!!**

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: ●●●●

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!



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