



Monday	
Circuit Express 5:45-6:15am / Kristi	NEW
Aqua Challenge 7:00-8:00am / Alice <i>11/5, 11/12, & 11/19 no instructor (see back for details)</i>	
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn	(SS)
Barbell Extreme 8:10-8:55am / Leanne	
HIIT Yoga 9:05-9:55am / Jill	
Core Training 10:00-10:20am / Kristi	NEW
Senior Boot Camp 10:30-11:15am / Missy	(SS)
Yoga Mix 5:00-5:55pm / Kathi	
Box, Burn & Sculpt 6:05-6:55pm / Jen	
Zumba 7:15-8:15pm / Elisa	

Tuesday	
Core De Force 5:30-6:15am / Lindsey	
H2O M&M 7:00-8:00am / Alice	
TRX Training 8:00-8:30am / Jen <i>November 6th-27th</i>	
T.B.C 8:10-8:55am / Mary	15
Gentle Yoga 9:05-9:55am / Angela	
Core Training 10:00-10:20am / Kristi	NEW
SilverSneakers® Yoga 10:30-11:15am / Kathi	(SS)
Silver&Fit Excel 11:30-12:15pm / Kathi	(SS)
Circuit Express 4:30-5:00pm / Kristi	
Buddy Bootcamp 5:05-5:50pm / Shannon <i>November 6th-27th</i>	
Tabata Kick 6:00-7:00pm / Shannon	
Hatha Flow Yoga 7:15-8:30pm / Angela	

Wednesday	
Barbell Cycle 5:30-6:30am / Jen	15
Aqua Challenge 7:00-8:00am / Stephanie <i>11/7 no instructor (see back for details)</i>	
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn	(SS)
Core De Force 8:10-8:55am / Leanne	
Kettlebell Crusher 9:05-10:00am / Leanne	
Core Yoga Flow 10:10-11:00am / Dena	
Cardio Express 4:30-5:00pm / Emily	
Zumba 7:15-8:15pm / Elisa	

AGES 12+ YEARS CAN PARTICIPATE
unless indicated otherwise

Thursday	
NO regular classes on Thanksgiving!	
Kickboxing Express 5:45-6:15am / Shannon	
TRX Training 6:00-6:30am / Jen <i>November 1st-29th (no 22nd)</i>	
H2O Deep 7:00-8:00am / Alice <i>11/8 & 11/15 no instructor (see back for details)</i>	
Cycle Yoga Fusion 8:10-9:10am / Sara W.	15
Iron Fit Turkey Bootcamp 8:00-9:00am / Jen <i>November 22nd ONLY</i>	
Silver&Fit Excel 9:30-10:15am / Jillian	(SS)
SilverSneakers® Yoga 10:30-11:15am / Angela	(SS)
Circuit Express 4:30-5:00pm / Kristi	
STRONG by Zumba 5:05-5:55pm / Elisa	
Slow Flow & Restore 6:00-7:00pm / Whitney	NEW
Aqua Fusion 6:00-7:00pm / Joan	
Butts & Guts 7:15-8:00pm / Rotation	

Friday	
Barbell Strength 5:30-6:30am / Amy <i>No class November 23rd</i>	
Aqua Challenge 7:00-8:00am / Stephanie	
Arthritis Foundation Aquatics Program 8:00-9:00am / Marilyn	(SS)
PiYo Extreme 8:10-8:55am / Leanne	
S.W.E.A.T 9:05-9:55am / Leanne	
Core Training 10:00-10:20am / Leanne	
Senior Boot Camp 10:30-11:15am / Michael	(SS)

Saturday	
IRON FIT / TRX Drop in 6:15-7am & 7-7:30am / Jen <i>November 3rd</i>	
Rise & Grind Boot Camp 7:00-7:55am / Rotation	
Weekend Warrior Workout 7:00-8:00am / Barbara	
Yoga Mix 8:05-9:05am / Rotation	
Zumba 9:15-10:15am / Rotation	

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

Water Class

New Format New Instructor New Time **NEW**

Fee Based Class
Registration Required

15 = Minimum age required to attend class

(SS) = Senior Specific

Group Exercise
November

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

Classes are subject to change due to participation

Questions? Contact Sara Weidemann: sweidemann@waconia.org



FACEBOOK.com/SafariIslandFun
www.safariislandcommunitycenter.com

Announcements

- Open Thanksgiving Day from 6am-12pm. All regular fitness classes are cancelled. Join Jen Mielke for a special FREE Iron Fit Turkey Burn Bootcamp where stations will be set up in the gym! This class is FREE for non-members.
- Black Friday, November 23rd the facility is open from 6am-5pm. Sign up for "Notify Me" for any class cancellations!!
- Rotation schedules can be found on our website.

LAND

GROUP FITNESS CLASS DESCRIPTIONS

Barbell Strength/Extreme: ●●●●

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

Barbell Cycle: ●●●● 15

Looking to effectively train every part of your body? We combine cycle intervals, sprints and hills as well as off the bike barbell exercises to get the most "bang for your buck". Cycling shoes are not recommended for this class. **Cycle pass is REQUIRED for this class and is available for pick up at the desk 15 minutes prior to the 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

Core Yoga Flow: ●●●●

This class takes you through an active style of Yoga that combines the flow of sun salutations into various strength building and balancing poses as well as a series of body weight and abdominal exercises to strengthen, lengthen and create flexibility. Hands weights are optional.

Cycle Yoga Fusion ●●●● 15

This cycle + yoga format class combines the best of both worlds. After an exhilarating 30 minute cycle workout, participants get off the bike to focus on the parts of the body that need some yoga love, including hips, hamstrings, IT bands and more. An amazing, full body cardio workout paired with a yoga class? We can't think of anything better! **Cycle pass is REQUIRED for this class and is available for pick up at the desk 1 hour prior to the class.**

Gentle Yoga: ●●●●

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

Core De Force: ●●●●

This MMA-inspired, total-body workout uses core conditioning combinations, bodyweight moves, and cardio spikes to harness the power of your core and have you feeling like a total badass. You'll burn major calories and carve your waist—no equipment needed!

HIIT Yoga: ●●●●

High-intensity Interval Training (HIIT) Yoga combines short intervals of fast paced activity with or without the use of weights topped with periods of recovery and stretching for the ultimate total body workout.

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.

Kettlebell Crusher: ●●●●

Pick up those 'bells' and pack on the benefits: core, strength, cardiovascular endurance, muscle ton and increased mobility. This non-impact workout will elevate your heart rate and simultaneously challenge your major muscle groups.

Kickboxing Express: ●●●●

Kickboxing Express is a non-contact, aerobic kickboxing workout utilizing basic techniques for punching and kicking, as well as basic body conditioning exercise.

PiYo Extreme: ●●●●

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 paced!**

Rise & Grind Boot Camp : ●●●●

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. 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.

Slow Flow & Restore Yoga: ●●●●

This class will flow slowly through sun salutations and postures designed to build internal heat slowly and gently. Meditation and Pranayama (techniques are taught to promote relaxation. Class concludes with Resorative Yoga postures which settle the body and mind.

STRONG by Zumba: ●●●●

STRONG by Zumba combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. THIS IS NOT a dance Zumba class!

S.W.E.A.T: ●●●●

Strength, Weights, Endurance, Athletic Training (S.W.E.A.T). This class is a mash-up of metabolic and endurance training with an emphasis on building strength and burning calories. The barbell will be the main source of equipment used along with additional variety. Just as promised, we'll make you SWEAT!

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): ●●●● 15

Muscle strength and endurance training to tone and shape your body, using a variety of equipment, including steps, weights, bands and balls.

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.

Zumba: ●●●●

A fusion of Latin music and dance themes mixing body sculpting movements with easy to follow dance steps! Energy required!

WATER

ATTENTION: On the following dates there will be NO 7am Aqua instructor but participants are still welcome to come and use the noodles and dumbbells during the 7-8am class time: 11/5, 11/7, 11/8, 11/12, 11/15 and 11/19.

Aqua Challenge: ●●●●

Shallow water aerobics, muscle conditioning, and stretching using barbells and/or noodles.

Aqua Fusion: ●●●●

If you are looking for a workout which will maintain or increase your fitness level with less impact on your joints, a "liquid gym" is the place to be! This higher intensity class is designed to improve your cardio conditioning, alternating with strength/balance and core straining segments.

H20 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.

H20 Muscles in Motion (M & M): ●●●●

Constant motion and focus on total body conditioning and core work to improve muscular strength, endurance and balance.

Weekend Warrior Workout: ●●●●

This medium-to-high intensity deep/shallow combo class may use choreography, interval training, partner work, or even games to get the heart rate up and muscles worked. The one thing that's guaranteed is a great workout to start your weekend off right!

Class Intensity Levels

- Senior Specific SS
- Beginner (modifications are given)
- Intermediate
- Advanced
- 15 Minimum age to attend class