



Water Class

New Format **New Instructor** **New Time**

Fee Based Class
Registration Required

= Senior Specific

Demo class (FREE)

Group Exercise

OCTOBER

Monday
Core De Force DEMO Class 5:30-6:15am / Lindsey Oct. 23rd ONLY
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

AGES 12+ YEARS CAN PARTICIPATE

Tuesday
Zumba 5:30-6:15am / Allison
Kangoo Jumps 5:30-6:30am / Kitty Oct. 3rd - Nov. 7th
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.
Mat Pilates (prerequisites required) 5:10-5:55pm / Sara W. Oct. 10th - Nov. 7th (no 24th)
Tabata Kick 6:00-7:00 / Shannon
Hatha Flow Yoga 7:15-8:30pm / Angela

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 DEMO Class 5:05-5:50pm / Lindsey Oct. 18th & Oct. 25th ONLY
Buddy Boot Camp 6:00-6:45pm / Shannon Oct. 18th - Nov. 4th
Zumba 7:15-8:15pm / Allison
Aqua Mix 6:00-7:00pm / Barbara/Joan

Thursday
Tabata Kick 5:30-6:15am / Shannon
TRX Training 6-6:30am / Jen Oct. 5th - Oct. 26th
H2O Deep 7:00-8:00am / Alice
Cycle & Core 8:10-9:10am / Sara/Leanne
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
RIPPED Water Boot Camp 5:45-6:45pm / Eydie Oct. 12th - Nov. 9th (no 2nd)
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 / Jen
Kangoo Jumps 6:00-7:00pm / Kitty Oct. 6th - Nov. 10th

Saturday
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

Sunday
Barbell Strength 4:30-5:30pm / Sandy
Yin Yoga & Chakras Workshop / Kathi Reeves Oct. 29th 2-3:30pm

October 1st-31st

- **FREE** for Platinum members

Note: If you were a member PRIOR to December 5th, 2016 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

Zumba Gold is Saturday, October 21st 10:30-11:15am

Check out our website for more information and cost on all of our specialty classes in October.

FREE FITNESS CLASSES
October 23rd - 29th

Bring your friends this week! Classes are FREE to EVERYONE!

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.

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!

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! **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!**

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!

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: ●●●● (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