

# October 30<sup>th</sup> – December 3<sup>rd</sup>

# November Group Exercise Schedule

Monday
<b>Aqua Challenge</b> ●●●💧 7-8am / Irene
<b>Aqua Senior</b> ●●●💧 (SS) 8-9am / Irene
<b>Cycle, Core, Connect</b> ●●● 8:30-9:15am / Leanne
<b>Seniors Strength</b> ●●● (SS) 9:30-10:15am / Missy
<b>HIIT Cardio</b> ●●● 10:30-11:15am / Alissa
<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.
<b>Rip &amp; Row</b> ●●● \$ 5:20-6:05pm / Kristi T.
<b>Butts &amp; Guts</b> ●●● 6:20-6:50pm / Kristi T.
<b>Zumba</b> ●●● 7-7:45pm / Ali

Tuesday
<b>Barbell Strength</b> ●●● 6-6:45am / Alissa
<b>Aqua Challenge</b> ●●●💧 7-8am / Irene
<b>HIIT Strength</b> ●●● 8:30-9:15am / Kristi T.
<b>Core</b> ●●● 9:20-9:50am / Kristi T.
<b>Gentle Yoga</b> ●● 10-10:50am / Angela
<b>SS™ EnerChi</b> ●●● (SS) \$ 11-11:45am / Angela
<b>Upper Cut</b> ●●● 12-12:30pm / Kristi S.
<b>Ride &amp; Renew</b> ●●● 4:45-5:45pm / Tonja **Starting 11/14**
<b>SHINE Dance Fitness</b> ●●● 6-6:45pm / Ali
<b>Hatha Flow Yoga</b> ●●● 7-8:15pm / Angela

Wednesday
<b>Aqua Challenge</b> ●●●💧 7-8am / Kathy
<b>Aqua Senior</b> ●●●💧 (SS) 8-9am / Missy
<b>Kettlebell Crush</b> ●●● 8:30-9:15am / Leanne
<b>Seniors in Motion</b> ●●● (SS) 9:30-10:15am / Jill
<b>Core Flow Yoga</b> ●●● 10:30-11:20am / Jill
<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.
<b>Chisel &amp; Burn</b> ●●● 5:30-6:15pm / Allyson
<b>Gentle Yoga</b> ●● 6:30-7:45pm / Courtney

Thursday
<b>Boot Camp</b> ●● 5:45-6:30am / Kristi T.
<b>Deep H2O</b> ●●●💧 7-8am / Kathy
<b>Cardio Dance Mega Mix</b> ●●● 8:30-9:15am / Jill
<b>SS™ Chair Yoga</b> ●●● (SS) 9:30-10:15am / Tonja
<b>Beginner LYT Yoga</b> ●● 10:30-11:20am / Tonja
<b>LBW (Lower Body Workout)</b> ●●● 12-12:30pm / Kristi S.

Friday
<b>Chisel</b> ●●● 5:45-6:30am / Kristi T.
<b>Aqua Challenge</b> ●●●💧 7-8am / Joan
<b>Aqua Senior</b> ●●●💧 (SS) 8-9am / Joan
<b>PiYo Sculpt</b> ●●● 8:30-9:15am / Leanne
<b>Seniors In Motion</b> ●●● (SS) 9:30-10:15am / Missy
<b>HIIT Sculpt</b> ●●● 12-12:30pm / Kristi S.

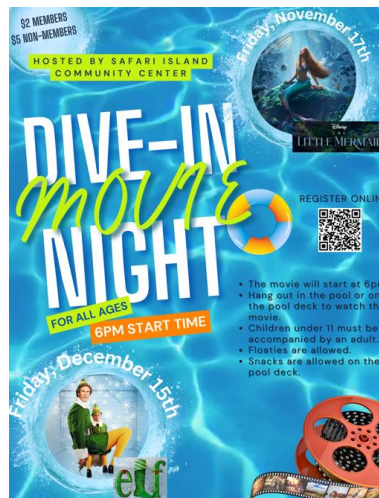
Saturday
<b>Rise &amp; Grind</b> ●●● 8-8:45am / Rotation
<b>Hatha Flow Yoga</b> ●●● 9-10am / Mona

Sunday
<b>Barbell Strength</b> ●●● 4:30-5:15pm / Sandy

- Childcare is FREE to members (M/W/F 8:30-11:30am and M-Th 4:30-8pm); non-members pay daily admission.
- Specialty classes are \$10/members and \$12/non-members
- Classes are held on a first come, first serve basis.
- Studio doors open 10 minutes prior to class start time.
- Classes are held in the Group Exercise Studio unless specified as other.
- Classes listed are included with membership, excluding specialty classes.
- Fitness Class Punch Cards: 10 classes for \$63
- To receive Group Exercise notifications, please subscribe to Notify Me®. Go to <https://www.waconia.org/list.aspx> and enter your email address to receive email notifications.

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Check Out Our Programming!



Class Intensity Levels

💧 Aqua Class  
SS Senior Specific  
\$ Specialty  
● Beginner  
● Intermediate  
● Advanced

## LAND

### **Barbell Strength:** ●●●

Designed to increase muscular strength and endurance using barbells and dumbbells. Barbell complex movements may stay the same week-to-week to help with motor learning and progress.

### **Beginner LYT Yoga™:** ●●

Developed by physical therapist Lara Heimann, is the perfect marriage of movement and anatomy. This class is designed for people that might be new to yoga or new to this method. Each class moves through a slow vinyasa sequence following a blueprint that addresses postural imbalance and sets you up to move in a variety of ways. Use of blocks and modifications is encouraged. You will learn to move better and feel better in your body.

### **Boot Camp:** ●●

An interval training class that mixed calisthenics and body weight exercises with cardio and strength training. With a new workout every week, these classes are designed to push participants harder than they'd push themselves and to always keep the body guessing.

### **Butts & Guts:** ●●●

Butts and guts is a class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups in this targeted, workout. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular.

### **Cardio Dance Mega Mix:** ●●●

Combine easy-to-follow cardio dance moves with intervals of strength training and you have mega mix! Low- and high-impact options will be offered along with a variety of weights for a class that fits your cardio and strength goals...plus it will strengthen your mental skills, too! No coordination necessary!

### **Chisel:** ●●●

Designed to increase muscular strength and endurance using a variety of equipment. Work your body head to toe and push your body to the next level!

### **Chisel & Burn:** ●●●

This class is designed to help shed that excess fat while building strength and endurance.

### **Core:** ●●●

This 20-minute class incorporates core exercises to strengthen the muscles of the spine, abdomen and pelvis. Exercises may be done on the floor, ball, or standing. Modifications can be given.

### **Core Flow Yoga:** ●●●

Energize yourself with our own dynamic fusion of yoga, Pilates, and core conditioning. This athletic class weaves sun salutations, abdominal work, and vigorous yoga poses in a heat-building, breath-based flow. Come ready to sweat! All levels welcome.

### **Cycle, Core, Connect:** ●●●

This cycle class will begin with a gradual warm-up and progress into a 30-minute, high intensity ride through intervals, sprints, jumps and climbs! We will make a connection between posture, core and overall strength while cycling. Core combinations will be incorporated throughout the ride and finish with an off-the-bike cool down and stretch. Come prepared to sweat, with a full water bottle, towel!



### **Gentle Yoga:** ●●

This gentle yoga class is great for beginners or those looking for increased mobility and relaxation in their yoga practice. This class will move through poses by standing, as well as poses seated on the floor, tabletop, and lying on your back and abdomen. These poses focus on balance, core strength, and flexibility. Variations and modifications are given using blocks, blankets, yoga straps, etc.

### **Hatha Flow Yoga:** ●●●

This class consists of practicing traditional Hatha yoga poses (asanas), breathing and meditation for beginner to intermediate. This class will focus on short flow sequences, that will enhance strength, flexibility, and balance. Benefits may be gained from incorporating breath work through out the practice.

### **HIIT Cardio/HIIT Strength:** ●●●

In this high intensity full body workout, you will move at a rate that is ideal for calorie burning. With a mix of body weight exercises, cardio moves, and strength training, you can expect to be challenged in a different way each class. Exercises can be modified for ALL LEVELS.

### **Kettlebell Crush:** ●●●

This class is a fantastic way to learn basic human movement patterns; hinging, squats, pressing, etc. As strength is not built bilaterally, kettlebell classes are a great way to teach you to build equal strength through your body over time. Improving overall muscle strength will also help stabilize joints, open up mobility, burn more calories, and help to improve overall bone density.

### **LBW (Lower Body Workout):** ●●●

Target the muscles of the lower body, including hips, thighs, buttocks, abdominals, and low back in this fun and easy to follow class.

### **PIYo Sculpt:** ●●●

Join Leanne on Friday mornings for her full body workout. She will take you through a series of traditional PIYo combinations in a condensed format, using Pilates and yoga practice at a non-traditional pace utilizing light dumbbells. Come ready to work hard and sweat for this one!

### **Ride & Renew:** ●●●

This class combines the benefits of an intense cycling workout, for the first half of class, with counter-balancing yoga poses to restore the body, during the last half of class. It's a great combo class of cardio, strength, and flexibility!

### **Rip & Row:** ●●

Join us for this strength and cardio specialty format! This is a full body dynamic strength workout combined with short bursts of intensity utilizing our Matrix row machines that will chisel and tone every muscle.

### **Rise & Grind with Instructors Choice:** ●●●

Join our revolving door of group fitness instructors each Saturday morning, with the best of their best formats and Mash Up! Some fan faves include: boot camp blast, circuits/stations, kickboxing, and strike! Each class will accommodate all fitness levels. Please see instructor at the beginning of class if you need special attention/modifications during class.

### **Seniors in Motion:** ●● (SS)

Work on balance, endurance, gain strength, and increase range of motion. Chair optional.

### **Seniors Strength:** ●● (SS)

Seniors Strength is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility. By learning how to move the body in a healthy way, one can reduce pain, improve body awareness, avoid injury and reinforce proper movement principles.

### **SHiNE Dance Fitness:** ●●●

This class brings original routines to life using hit music and choreography for all-abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results.

### **SilverSneakers EnerChi:** ●● (SS)

This class format incorporates Tai Chi and Qigong principles to improve physical and mental well-being. SilverSneakers EnerChi introduces modified Tai Chi forms. Linking forms together in a guided flow increases strength and vitality. In EnerChi, you will learn the foundations of weight transfer and rhythmic movement, along with awareness and focused breathing. Chairs are provided for added safety and relaxation at the end of class.

### **Silver Sneakers Chair Yoga™:** ●● (SS)

Move your whole 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 exercised and a final relaxation period will promote stress and reduction and mental clarity.

### **Simply Strength:** ●●●

Work your body head to toe with a combination of strength training exercises. This class will help develop muscular strength and endurance. You will use a variety of equipment to challenge every major muscle group! Great for all levels.

### **Upper Cut:** ●●●

Target the muscles of the upper body, including chest, upper back, arms, shoulders, abdominals, and low back in this fun and challenging class.

### **Zumba:** ●●●

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class combines all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class!

## WATER

### **Aqua Challenge:** ●●● 🌊

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

### **Aqua Senior:** ●● (SS) 🌊

This class is a low impact workout to help increase strength, flexibility, endurance, circulation and balance.

### **Deep H2O:** ●●● 🌊

A challenging non-impact deep water class using belts or noodles for flotation. A great cardiovascular workout plus gentle on your joints.