

# September 29<sup>th</sup> – November 2<sup>nd</sup>

## October Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>UPLIFT</b> ●●● 5:45-6:30am / Jackie	<b>Barbell Strength</b> ●●● 6-6:45am / Alissa	<b>Rise &amp; SHiNE</b> ●●● 5:45-6:30am / Jackie	<b>HIIT Cardio</b> ●●● 6-6:45am / Alissa	<b>Chisel</b> ●●● 5:45-6:30am / Kristi T.
<b>Aqua Challenge</b> ●●●💧 7-8am / Irene	<b>Aqua Challenge</b> ●●●💧 7-8am / Irene	<b>Aqua Challenge</b> ●●●💧 7-8am / Debi	<b>Deep H2O</b> ●●●💧 7-8am / Kathy W.	<b>Aqua Challenge</b> ●●●💧 7-8am / Kathy W.
<b>Aqua Senior</b> ●●💧 (SS) 8-9am / Irene	<b>Pilates Strong</b> ●●● 8:30-9:30am / Kristi T.	<b>SS™ Splash</b> ●●💧 (SS) 8-9am / Debi	<b>Chisel</b> ●●● 8:30-9:15am / Jill	<b>Aqua Senior</b> ●●💧 (SS) 8-9am / Kathy W.
<b>KICK.Core.Connect</b> ●●● 8:30-9:15am / Leanne	<b>Gentle Yoga</b> ●● 10-10:50am / Angela	<b>Kettlebell Crush</b> ●● 8:30-9:15am / Leanne	<b>SS™ Chair Yoga</b> ●● (SS) 9:30-10:15am / Angela	<b>PiYo Sculpt</b> ●●● 8:30-9:15am / Leanne
<b>Seniors Strength</b> ●● (SS) 9:30-10:15am / Leanne	<b>SS™ Chair Yoga</b> ●● 11-11:45am / Angela	<b>Seniors in Motion</b> ●● (SS) 9:30-10:15am / Jill	<b>Gentle Yoga</b> ●● 10:30-11:20am / Angela	<b>Seniors In Motion</b> ●● (SS) 9:30-10:15am / Allyson
<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>Upper Cut</b> ●●● (SS) 12-12:30pm / Kristi S.	<b>Core Flow</b> ●●● 10:30-11:20am / Jill	<b>Butts &amp; Guts</b> ●●● 12-12:30pm / Kristi S.	<b>HIIT Sculpt</b> ●●● 12-12:30pm / Kristi S.
<b>Butts &amp; Guts</b> ●●● 6:15-6:45pm / Allyson	<b>SAIL</b> ● 1-2pm / Debi	<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>SAIL</b> ● 1-2pm / Debi	
<b>SHiNE Dance Fitness</b> ●●● 7-7:50pm / Ali	<b>Hatha Flow Yoga</b> ●●● 5-5:45pm / Rotation	<b>Line Dancing</b> ●●● \$ 2-3pm / Jane	<b>UNWIND with Yoga</b> ●●● 5-5:45pm / Kathy S.	<b>Saturday</b>
	<b>UPLIFT</b> ●●● 6-7pm / Ali	<b>Chisel &amp; Burn</b> ●●● 5:30-6:15pm / Allyson	<b>SHiNE Dance Fitness/UPLIFT Combo</b> ●●● 6-7pm / Jackie	<b>Rise &amp; Grind</b> ●●● 8-8:45am / Rotation
	<b>SHiNE Dance Fitness</b> ●●● 7:10-8pm / Ali	<b>Candlelight Yin Yoga</b> ●● 6:30-7:45pm / Courtney		<b>Hatha Flow Yoga</b> ●●● 9-10am / Mona
				<b>Sunday</b>
				<b>Hatha Flow Yoga</b> ●●● 10-11am / Rotation
				<b>Barbell Strength</b> ●●● 4:30-5:15pm / Sandy



**Check Out Our Programming!**

- Childcare is FREE to members (M/W/F 8:30-11:30am, M/T 4:30-8pm, Sa 8-10:15am); 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 \$73
- 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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## 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.

### 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.

### Candlelight Yin Yoga: ●●●

Calm your body and mind in this 75-minute yin yoga class. While breathing mindfully, we begin by moving through gentle and grounding postures before transitioning into the more traditional yin style of yoga, which consists of holding simple poses for time (usually 3-6 minutes). Yin is a gentle and relaxing, yet functional style of yoga which is suitable for all levels. Class will be held in candlelight throughout the winter months.

### 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 Flow: ●●●

Energize yourself with a dynamic fusion of stretching, range of motion, balance, and core conditioning. This athletic class will flow through standing poses connecting breath to movement, strengthen the core, increase range of motion in the joints, and finish with deep stretching and relaxation. Modifications will be offered; all levels are welcome.

### 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 Sculpt: ●●●

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.

### KICK.Core.Connect: ●●●

This class will combine kickboxing sequences that will focus on form, repetition, and heart rate while keeping the core actively engaged. Be ready to sweat this one through! All levels welcome and modifications provided.

### Line Dancing: ●●● \$

Grab your friends and let's get together for a little fun and exercise! This class is a low impact activity which provides an excellent therapeutic exercise for our body, mind, and soul. You will learn a variety of line dancing steps to current and classic country music, as well as pop and rock! You will progress from basic to more advanced steps.

### Pilates Strong: ●●●

This energizing 60-minute class blends the best of Pilates and strength training to build a strong, balanced, and resilient body. The first half of class focuses on core activation, alignment, and mobility using classic Pilates techniques. The second half shifts to functional strength training with weights to challenge major muscle groups and enhance endurance. Expect a full-body workout that improves posture, boosts stability, and leaves you feeling powerful and centered.

### 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!

### 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 favorites 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.

### SAIL (Stay Active & Independent for Life): ●● (SS)

SAIL is an evidence-based strength, balance, and flexibility fitness program for adults 65+ focusing on fall prevention. You'll be stronger, have better balance, feel better, and it will help you stay independent and active and prevent falls. This fitness class includes warm-up, aerobics, balance, strength training, and stretching exercises that can be done in a seated or standing position.

### 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.

### SHiNE Dance Fitness/UPLIFT Combo: ●●●

Enjoy the benefits of both SHiNE DANCE FITNESS and UPLIFT STRENGTH for a full-body workout that builds confidence and muscles! Class includes high cardio dance routines to current hit music using easy-to-follow choreography crafted by SHiNE. You will also experience a strength portion of the class using hand weights, bands, and a ball to target specific muscles while rockin' out to the most iconic music.

### 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.

### UNWIND with Yoga: ●●●

This class will take a variety of Yoga poses to help nourish your spirit, mind and body! Our practice will close with a peaceful and calm meditation to help lift the stress away from the day!! Take time out for YOU to UNWIND with Yoga!!!

### UPLIFT: ●●●

A 1-hour UPLIFT class starts with a cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A balance track is included after you've fatigued your muscles which is challenging, rewarding, and a welcome change of pace before transitioning to the mat. We complete the workout with routines for the core, booty, abs, and chest and a cool down with deep stretching. This UPLIFTING experience leaves you feeling strong and confident.

### 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.

## 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.

### Silver Sneakers Splash™ : ●●💧 (SS)

SilverSneakers Splash is a fun, shallow-water exercise class designed to improve agility and flexibility while enhancing cardiovascular health, strength, and endurance