

# October 3 - October 30

# October Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HIIT Sculpt</b> ●●● 5:45-6:15am / Kristi S.	<b>Aqua Challenge</b> ●●●💧 7-8am / Irene	<b>Simply Strength</b> ●●● 5:45-6:30am / Kristi S.	<b>Cycle &amp; Strength</b> ●●● 5:45-6:30am / Kristi S.	<b>Aqua Senior</b> ●●💧 (SS) 8-9am / Joan
<b>Aqua Challenge</b> ●●●💧 7-8am / Irene	<b>HIIT Sculpt</b> ●●● 8:30-9:15am / Kristi T.	<b>Aqua Challenge</b> ●●●💧 7-8am / Stephanie	<b>Deep H2O</b> ●●●💧 7-8am / Stephanie	<b>PiYo Sculpt</b> ●●● 8:30-9:15am / Leanne
<b>Aqua Senior</b> ●●💧 (SS) 8-9am / Irene	<b>Core</b> ●●● 9:20-9:40am / Kristi T.	<b>Aqua Senior</b> ●● (SS) 8-9am / Kristi S.	<b>Cardio Dance Mega Mix</b> ●●● 8:30-9:15am / Jill	<b>Barbell Strength</b> ●●● 9:30-10:15am / Leanne
<b>Cycle, Core, Connect</b> (SS)●● 8:30-9:15am / Leanne	<b>Gentle Yoga</b> ●● 9:50-10:40am / Angela	<b>Kettlebell Crush</b> ●● 8:30-9:15am / Leanne	<b>SS™ Yoga</b> ●● (SS) 9:30-10:15am / Tonja	<b>Seniors In Motion</b> ●● (SS) 10:30-11:15am / Kristi S.
<b>Seniors in Motion</b> ●● 9:30-10:15am / Missy	<b>SS™ Yoga</b> ●● (SS) 10:50-11:40am / Angela	<b>Seniors Strength</b> ●● (SS) 9:30-10:15am / Missy	<b>Beginner LYT Yoga</b> ●● 10:30-11:20am / Tonja	<b>HIIT Sculpt</b> ●●● 12-12:30pm / Kristi S.
<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>Cycle &amp; Strength</b> ●●● 4:30-5:15pm / Kristi S.	<b>Core Flow Yoga</b> ●●● 10:30-11:20am / Jill	<b>Barre</b> ●●● 5:30-6:15pm / Ally	
<b>Rip &amp; Row</b> ●● \$ 5:30-6:15pm / Kristi T.	<b>Cardio Kickboxing</b> ●●● 5:30-6pm / Ally	<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>R.I.P.P.E.D.</b> ●●● 6:30-7:30pm / Jessica <i>*Starting 9/15*</i>	<b>Saturday</b>
<b>Butts &amp; Guts</b> ●●● 6:20-6:50pm / Kristi T.	<b>Hip Hop Dance</b> ●●● \$ 6:05-6:50pm / Lauren	<b>Chisel &amp; Burn</b> ●●● 5:30-6:15pm / Kristi T.		<b>Rise &amp; Grind</b> ●●● 8-8:45am / Rotation
<b>Zumba</b> ●●● 7-7:45pm / Ali	<b>Hatha Flow Yoga</b> ●●● 7-8pm / Angela	<b>Gentle Yoga</b> ●● 6:30-7:15pm / Angela		<b>Hatha Flow Yoga</b> ●●● 9-9:45am / Rotation

Saturday
<b>Rise &amp; Grind</b> ●●● 8-8:45am / Rotation
<b>Hatha Flow Yoga</b> ●●● 9-9:45am / Rotation
Sunday
<b>Barbell Strength</b> ●●● 4:30-5:15pm / Sandy

- Childcare is FREE to members (M/W/F 8-11am and M-Th 4:30-8:30pm); 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.

Class Intensity Levels

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



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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.

### **Barre/Barre Express:** ●●●□□□

This class is inspired by elements of ballet, yoga, and Pilates. The exercises will focus on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

### **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.

### **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!

### **Cardio Kickboxing:** ●●●●

This high-energy workout challenges the beginner and advanced alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

### **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!

### **Cycle & Strength:** ●●●□□

You've tried a traditional cycling class. Now, why not mix it up? Cycle & Strength is an intense combo class that will push your body to the limit. It combines 25-30 minutes cycling followed with upper body and core strength conditioning. Expect to work with a variety of equipment in this class that will keep you and your body guessing!

### **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, and 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 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.

### **Hip Hop Dance:** ●●●□□□

Dance your way through all genres of music, while working on each part of the body. You don't need any prior experience! Increase your confidence during class and you'll be dancing your way out of the studio.

### **Kettlebell Crush:** ●●●●

This is an advanced, fast-paced class. Be ready to lift, swing, snatch, and flow your way into shape with the kettlebell to promote: core, strength, cardiovascular endurance, muscle tone, and increased mobility. This non-impact workout will elevate your heart rate and simultaneously challenge your major muscle groups.

### **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!

### **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.

### **R.I.P.E.D.:** ●●●□□

The one stop body shock. This class encompasses all aspects of physical fitness which R.I.P.E.D. is an acronym: Resistance, Interval, Power, Plyometrics, Endurance, and Diet. The first five components are taught in a 50 minute class, while the diet component can be found on their website. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

### **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.

### **Silver Sneakers 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.

### **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.