



Summer Group Exercise Schedule

July 4 - September 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Challenge 💧 7-8am / Irene	Aqua Challenge 💧 7-8am / Irene	Aqua Challenge 💧 7-8am / Stephanie	Deep H2O 💧 7-8am / Stephanie	Aqua Senior (SS) 💧 8-9am / Self-Led	Outdoor Rise & Grind 8-8:45am / Rotation
Aqua Senior (SS) 💧 8-9am / Irene	HIIT Sculpt 8:30-9:15am / Kristi T.	Aqua Senior (SS) 💧 8-9am / Kristi S.	Body Reform 8:30-9:15am / Jill	PiYo Sculpt 8:30-9:15am / Leanne	Hatha Flow Yoga 9-10am / Mona
Cycle, Core, Connect 8:30-9:15am / Leanne	Core 9:20-9:40am / Kristi T.	Kettlebell Crush 8:30-9:15am / Leanne	SilverSneakers™ Yoga (SS) 9:30-10:15am / Tonja	Barbell Strength 9:30-10:15am / Leanne	Sunday Barbell Strength 4:30-5:15pm / Sandy
Seniors in Motion (SS) 9:30-10:15am / Missy	Gentle Yoga 9:50-10:40am / Angela	Core Flow Yoga 10:30-11:20am / Jill	Beginner LYT Yoga 10:30-11:20am / Tonja	Seniors In Motion (SS) 10:30-11:15am / Kristi S.	
Barre 10:30-11:15am / Ally	SilverSneakers™ Yoga (SS) 10:50-11:40am / Angela	Simply Strength 12-12:30pm / Kristi S.	HIIT Sculpt 4:30-5:15pm / Stacie		
Simply Strength 12-12:30pm / Kristi S.	Cycle & Strength 4:30-5:15pm / Kristi S.	Chisel & Burn 5:30-6:15pm / Kristi T.	Barre 5:30-6:15pm / Ally		
Gentle Yoga 5-5:50pm / Angela	Cardio Kickboxing 5:30-6pm / Ally				
Boot Camp 6-6:45pm / Stacie	Rip & Row \$ 6:05-6:50pm / Kristi T.				
Zumba 7-7:45pm / Ali	Hatha Flow Yoga 7-8pm / Angela				

Class Intensity Levels

- 💧 Aqua Class
- (SS) Senior Specific
- \$ Specialty
- Beginner
- Intermediate
- Advanced

SPECIALTY CLASSES

Specialty Classes have a fee associated:

\$10 MEMBERS

\$12 NON-MEMBERS

CHILDCARE

Free to Members

Non-Members Pay Daily Admission

Childcare Hours:

Monday, Wednesday, Friday 8-11am

Monday-Thursday 4:30pm - 8:00pm

- 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 in SI 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.

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.

Body Reform: ●●●

This is a full-body conditioning workout that helps to improve your balance, strength, muscle definition, and endurance for major muscles groups. It includes both your upper and lower body. You will be using resistance bands, weights or just your body weight, as well as doing cardio interval work.

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.

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

Gridiron: ●●

Take your workout to the next level! Elevate your cardiovascular fitness with hurdles, the ladder and the weighted sled. Get full body muscle toning while using the tractor tires, battle ropes, and TRX. This circuit style class is designed to test your endurance, challenge you, and make you sweat!

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.

Kettle 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.

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. *Class will be held outside, weather permitting.*

Seniors in Motion: ●●● (SS)

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

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.

