



May VIRTUAL Group Exercise Schedule

May 2 - May 29

Monday
Cycle, Core, Connect 8:30-9:15am / Leanne
Simply Strength 12-12:30pm / Kristi S.
Zumba 7-7:45pm / Ali

Tuesday
HIIT Sculpt 8:30-9:15am / Kristi T.
Cycle & Strength 4:30-5:15pm / Kristi S.
Cardio Kickboxing 5:30-6pm / Ally

Wednesday
Simply Strength 5:45-6:30am / Kristi S.
Barre 9:30-10:15am / Ally
Core Flow Yoga 10:30-11:20am / Jill
Simply Strength 12-12:30pm / Kristi S.
Barbell Strength 4:30-5:15pm / Stacie
Chisel & Burn 5:30-6:15pm / Kristi T.

Thursday
Cycle & Strength 5:45-6:30am / Kristi S.
Body Reform 8:30-9:15am / Jill
SilverSneakers™ Yoga (SS) 9:30-10:15am / Tonja
Beginner LYT Yoga 10:30-11:15am / Tonja
HIIT Sculpt 4:30-5:15pm / Stacie

Friday
PiYo Sculpt 8:30-9:15am / Leanne
Core 11:20-11:40am / Kristi S.

- Register for VIRTUAL membership through the website
- You will receive a group invite to receive access to the Facebook Group Page
- Classes will go live 3-5 minutes before the start of class
- Classes will be held virtually through Facebook Live
- You will have access to previously recorded classes the Facebook Group Page
- 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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www.safariislandcommunitycenter.com

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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.

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!

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.

PiYo Express: ●●

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!

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!

