

July 1st – September 1st

July/August Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Challenge ●●●💧 7-8am / Irene	Barbell Strength ●●● 6-6:45am / Alissa	Aqua Challenge ●●●💧 7-8am / Joan	Boot Camp ●● 5:45-6:30am / Kristi T.	Chisel ●●● 5:45-6:30am / Kristi T.
Aqua Senior ●●●💧(SS) 8-9am / Irene	Aqua Challenge ●●●💧 7-8am / Irene	Aqua Senior ●●●💧(SS) 8-9am / Missy	Deep H2O ●●●💧 7-8am / Kathy W.	Aqua Challenge ●●●💧 7-8am / Kathy W.
HIIT Cycle ●●● 8:30-9:15am / Leanne	HIIT Strength ●●● 8:30-9:15am / Kristi T.	Outdoor Bootcamp ●●● 8-8:45am / Leanne	Cardio Dance Mega Mix ●●● 8:30-9:15am / Jill	Aqua Senior ●●●💧(SS) 8-9am / Kathy W.
Seniors Strength ●●●(SS) 9:30-10:15am / Leanne	Core ●●● 9:20-9:50am / Kristi T.	Seniors in Motion ●●●(SS) 9:30-10:15am / Jill	SS™ Chair Yoga ●●●(SS) 9:30-10:15am / Tonja	PiYo Sculpt ●●● 8:30-9:15am / Leanne
HIIT Cardio ●●● 10:30-11:15am / Alissa	Gentle Yoga ●● 10-10:50am / Angela	Core Flow Yoga ●●● 10:30-11:20am / Jill	Beginner LYT Yoga ●● 10:30-11:20am / Tonja	Seniors In Motion ●●●(SS) 9:30-10:15am / Allyson
Simply Strength ●●● 12-12:30pm / Kristi S.	SS™ Chair Yoga ●●●(SS) 11-11:45am / Angela	Simply Strength ●●● 12-12:30pm / Kristi S.	Upper Cut ●●● 12-12:30pm / Kristi S.	HIIT Sculpt ●●● 12-12:30pm / Kristi S.
Rip & Row ●●● \$ 5:20-6:05pm / Rotation	Upper Cut ●●● 12-12:30pm / Kristi S.	Chisel & Burn ●●● 5:30-6:15pm / Allyson	UNWIND with Yoga ●●● 5-5:45pm / Kathy S.	
Butts & Guts ●●● 6:20-6:50pm / Allyson	SHINE Dance Fitness ●●● 6-6:45pm / Ali	Yin Yoga ●● 6:30-7:45pm / Courtney		
Dance Party Fitness ●●● 7-7:45pm / Ali	Hatha Flow Yoga ●●● 7-8:15pm / Rotation			

Saturday
Rise & Grind ●●● 8-8:45am / Rotation
Hatha Flow Yoga ●●● 9-10am / Mona

Sunday
Hatha Flow Yoga ●●● 10-10:45am / Rotation
Barbell Strength ●●● 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.

SUMMER SKATE & SWIM PARTY

JUNE 3 - AUGUST 28 \$7 (Includes Skate Rentals) *\$2 discount when dressed up.

MONDAYS/WEDNESDAYS

Spend your day with us! Enjoy skating at the Waconia Ice Arena and swimming at Safari Island Community Center.

MONDAYS:
OPEN SKATE & SWIM

June 3-July 8
Open Skate 11am-12:30pm/
Swim 12-4pm

July 15 - August 26
Open Skate 12-1:30pm/
Swim 12-4pm

WEDNESDAYS:
SKATE JAMZ & SWIM

Skate to your favorite tunes from 11am-12:30pm. Swim 12-4pm.

June 5: Pop Music
June 12: Dress up Disney Theme
June 19: Country Music
June 26: Dress in Neon Theme
July 3: 90's Music
July 10: Dress up Beach Theme
July 17: 2000's music
July 24: Dress up Christmas in July - Christmas Music
July 31: 80's Music
August 7: Dress up Pajama Theme
August 14: Rock Music
August 21: Sports Jersey Theme
August 28: Pop Music



Check Out Our Programming!

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Class Intensity Levels

Aqua Class
 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.

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.

Dance Party Fitness: ●●●

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!

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/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.

HIIT Cycle: ●●●

This summer brings a new challenge to Leanne's indoor cycle class. HIIT Cycle will focus on high intensity intervals to increase the heart rate at maximum effort, followed by recovery periods. You will cycle your way through a series of consistent HIIT intervals each week for a heart pumping, sweat dripping good time! Be sure to bring a towel and your water bottle!

Outdoor 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. *Children are welcome to sit outside during class, since childcare doesn't open until 8:30.*

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: ●●

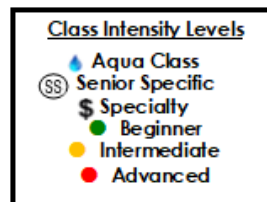
Join us for this strength and cardio specialty format! This is a full body dynamic strength workout combined with short bursts of intensity utilizing our Matrix row machines that will chisel and tone every muscle.

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 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.

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.

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!!!

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.

Yin Yoga: ●●●

This 75-minute class will begin with a breath practice before moving mindfully through basic and passive postures. Yin Yoga is a gentle and relaxing style of yoga that incorporates long-held (3-5 minutes) grounding poses to increase mobility and stretch the body, particularly our fascia network. This is a gentle class, suitable for all levels.

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.