

# March 3<sup>rd</sup> – March 30<sup>th</sup>

# March 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>Deep H2O</b> ●●●💧 7-8am / Kathy W.	<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 / Joan	<b>Chisel</b> ●●● 8:30-9:15am / Jill	<b>Aqua Challenge</b> ●●●💧 7-8am / Kathy W.
<b>Aqua Senior</b> ●●💧Ⓢ 8-9am / Irene	<b>HIIT Strength</b> ●●● 8:30-9:15am / Kristi T.	<b>Aqua Senior</b> ●●💧Ⓢ 8:15-9am / Kristi S.	<b>SS™ Chair Yoga</b> ●●Ⓢ 9:30-10:15am / Angela	<b>Aqua Senior</b> ●●💧Ⓢ 8-9am / Kathy W.
<b>Cycle, Core, Connect</b> ●●● 8:30-9:15am / Leanne	<b>Core</b> ●●● 9:20-9:50am / Kristi T.	<b>Kettlebell Crush</b> ●●● 8:30-9:15am / Leanne	<b>Gentle Yoga</b> ●●● 10:30-11:20am / Angela	<b>PiYo Sculpt</b> ●●● 8:30-9:15am / Leanne
<b>Seniors Strength</b> ●●Ⓢ 9:30-10:15am / Leanne	<b>Gentle Yoga</b> ●●● 10-10:50am / Angela	<b>Seniors in Motion</b> ●●Ⓢ 9:30-10:15am / Jill	<b>Butts &amp; Guts</b> ●●● 12-12:30pm / Kristi S.	<b>Seniors In Motion</b> ●●Ⓢ 9:30-10:15am / Allyson
<b>HIIT Cardio</b> ●●● 10:30-11:15am / Rotation	<b>SS™ Chair Yoga</b> ●●Ⓢ 11-11:45am / Angela	<b>Core Flow Yoga</b> ●●● 10:30-11:20am / Jill	<b>UNWIND with Yoga</b> ●●● 5-5:45pm / Kathy S.	<b>Stretch &amp; FLOW</b> ●●● 10:30-11:15am / Allyson
<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>Upper Cut</b> ●●● 12-12:30pm / Kristi S.	<b>Simply Strength</b> ●●● 12-12:30pm / Kristi S.	<b>SHiNE Dance Fitness/UPLIFT Combo</b> ●●● 6-7pm / Jackie	<b>HIIT Sculpt</b> ●●● 12-12:30pm / Kristi S.
<b>Rip &amp; Row</b> ●●●\$ 5:15-6pm / Kristi T.	<b>Hatha Flow Yoga</b> ●●● 5-5:45pm / Rotation	<b>Chisel &amp; Burn</b> ●●● 5:30-6:15pm / Allyson		
<b>Butts &amp; Guts</b> ●●● 6:15-6:45pm / Allyson	<b>UPLIFT</b> ●●● 6-7pm / Ali	<b>Candlelight Yin Yoga</b> ●●● 6:30-7:45pm / Courtney		
<b>SHiNE Dance Fitness</b> ●●● 7-7:50pm / Ali	<b>SHiNE Dance Fitness</b> ●●● 7:10-8pm / Ali			



Check Out Our Programming!

**Class Intensity Levels**

- 💧 Aqua Class
- Ⓢ Senior Specific
- \$ Specialty
- Beginner
- Intermediate
- Advanced

Saturday
<b>Rise &amp; Grind</b> ●●● 8-8:45am / Rotation
<b>Hatha Flow Yoga</b> ●●● 9-10am / Mona

Sunday
<b>Hatha Flow Yoga</b> ●●● 10-11am / Rotation
<b>Barbell Strength</b> ●●● 4:30-5:15pm / Sandy

- Childcare is FREE to members (M/W/F 8:30-11:30am, M-H 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.

### **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.

### **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:** ●●●

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!

### **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.

### **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.

### **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.

### **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.

### **Stretch & FLOW:** ●●●

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.

### **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.