



Group Exercise Schedule

January 2 - April 28

Room	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym	Boot Camp Glenn 5:45		Boot Camp Glenn/Tracy O 5:45		Boot Camp Kristen 5:30	
B		Cycling Mary Jo/Kelly 5:30		Cycling Bill 5:30		
A				Strength Train Together Mary Jo 5:30	Tires, Ropes and Squats Dean 6:00 (30min)	Strength Based Training ROTATION 7:45
Pool	Shallow Water Aerobics Leslie H 8:30	Shallow Water Aerobics Karla 8:30	Shallow Water Aerobics Lisa 8:30	Shallow Water Aerobics Karla 8:30	Shallow Water Aerobics Katie H 8:30	
B		Cycling Tim 8:45		Cycling Tim 8:45		
A	Power Yoga Leslie G 8:45	HIIT Erica 8:45(45 min)	Step Jill 8:45	Power Yoga Leslie G 8:45	TRX / HIIT Rotation 8:45	Fitness Fun ROTATION 9:00
Pool	Deep Water Aerobics Leslie H 9:30		Deep Water Aerobics Lisa 9:30		Deep Water Aerobics Katie H 9:30	
B			Yoga Linde 10:00			Virtual Cycling 9:30
A	Arms and Abs Jess 10:00	Barre Fusion Becky 10:00	Body Buff Jess 10:00	Glutes and Abs Jess 10:00	Body Buff Jess 10:00	Zumba/Cha Cha Rotation 10:30
B		Core Values Dean 11:30				
A	Cycling Tim 11:30		Cycling Dawn 11:30		Cycling Mary Jo 11:30	
A	Silver Sneaker's Classic Staci 1:00	Silver Sneaker's Classic Conni/Beth 1:00	Zumba Gabby 1:00	Silver Sneaker's Classic Teri 1:00 (45 min)	Zumba Gabby 1:00	
A	Step Jill/Connie 4:20	Total Body Conditioning Jill/Connie 4:20	Step Chris V 4:20	HIIT Connie/Jill 4:20	Defend Together Jenna 4:30	CHANGE TODAY FOR A HEALTHIER FUTURE
B	Cycling Karen/Jenna 5:30	Yoga Flow Missy 5:30				
A	Total Body Conditioning Jason 5:30	Defend Together Kelly 5:30	Total Body Conditioning Jason/Kristen 5:30	Strength Train Together Jenna 5:30	Zumba Candace 5:30	
A	Zumba Candace 6:35	Strength Train Together Mary Jo 6:35	Zumba Normal 6:35			

Child Watch is Available for \$2 per hour. See Child Watch for availability. Children ages 7-9 may swim in the pool with an accompanying adult in the building.

Classes are open to individuals 13 years of age and older. Athletic shoes and clothing are necessary. Classes are subject to change or cancel without notice. See TV monitor and Front Desk for cancellations.

All Group Ex classes are cancelled when Willmar Public Schools are closed for weather. Likewise classes are delayed when schools are delayed for weather related reasons.

Silver Sneakers

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Spirit, Mind, and Body

Yoga: gentle movements and poses will help create long muscles and loosen you up. The class incorporates three aspects: breathing, meditation, and postures.

Yoga Flow: Rest in basic yoga poses, engage in stretching the mind and body, and breathe through meditations as we practice the art of yoga. No prior yoga experience necessary.

Power Yoga: Power Yoga is a challenging and FUN vinyasa style class that is designed to build strength, balance and flexibility. This class is open to all levels, as modifications are offered and encouraged. Come and be prepared to work and explore your body, mind and spirit!

Barre Fusion: This barefoot class combines pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles without the impact and injuries dancers endure. No previous dance experience required!

Muscle Conditioning and Cardio Training

Boot Camp (45 min): A high intensity workout that may include anything from jumping rope to lifting weights, from running on the track to animal-based crawling movements. Come challenge your cardiovascular endurance, muscle strength, agility, and balance. Join a group of all ages and ability levels – once you start you'll be hooked!

Strength Train Together will blast all your muscles with a fun energetic weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines weight training moves with dynamic music to make you sweat and push to a personal best!

Defend Together is a gripping hour that burns a ton of calories and builds total body strength. Blast through the newest mixed martial arts moves at a rapid-fire pace to smash your cardio fitness. This workout combines cutting-edge moves with thrilling music.

TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. Intensity is up to you as you use your ability to adjust your body position in order to increase or decrease resistance.

HIIT: High Intensity Interval Training is an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recover periods. HIIT workouts alternate between intense bursts of activity and fixed periods of strength based or less-intense activity or even complete rest.

Core Values: An energetic workout that tones your core while using your entire body for support.

Tires, Ropes and Squats: This challenging, entertaining class will teach you how work using tires, battle ropes, body weight and “primal moves” that develop core stability, strength and endurance. Space is limited to 10 participants!

Total Body Conditioning: This class incorporates strength and cardio segments using various equipment for a total body workout.

Barre Fusion: This barefoot class combines pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles without the impact and injuries dancers endure. No previous dance experience required!

Zumba: The latest dance style crazed class around. Get your groove on and have a blast!

Cha Cha Fitness : Cha-chá dance style class is energetic and with a steady beat.

Body Buff: Come get your dose of weight lifting with this total body conditioning class!

Glutes and Abs: Train and tighten all regions of the lower body and core with this toning class!

Arms and Abs: A mix of upper body strength training and abdominal muscle workout.

Step: Steppers old and new will enjoy this moderately intense cardio workout! Beginner steppers are welcome; we all start somewhere! Similar to riding a bike it takes practice to really get the hang of step. Anticipate several classes before expecting to feel comfortable with the moves. We are all here to have fun!

Cycling: Whatever your exercise level is, you can participate in ANY cycling class on the schedule! Cycling is a popular alternative for aerobic training because it is a non-impact and efficient, calorie-burning workout. **Virtual Cycling:** a DVD driven ride. Visit different places during your workout guided by a DVD.

Water Classes

Shallow Water Aerobics: This class is a non-stop workout that promotes cardiovascular fitness while toning muscles and increasing flexibility. **Note you do not need to know how to swim.

Deep Water Aerobics is designed for people who feel comfortable in water over their head and using an aqua jogger (flotation belt). We will concentrate on cardiovascular fitness and toning on both upper and lower body.

First time Cycle, Strength Train Together and TRX participants please attend class 10-15min prior to your first class to learn proper set-up and technique.