



# Group Exercise Schedule

## June 4 – Sept 1, 2018

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

**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.

### Toning and Stretching

**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!

**Toning:** This class uses light weights and pilates to tone and sculpt small muscle groups along with an upbeat dance warm up to get your heart pumping and cardio bursts throughout the hour.

### 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!

**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!

**TRX:** TRX moves target different parts of your body while also raising your heartbeat. TRX uses gravity and your [body weight](#) to make workouts more challenging.

### Muscle Conditioning classes:

**Strength Train Together** a fun energetic weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines weight training moves with dynamic music!

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

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

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

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

### Cardio classes:

**Defend Together** is a cardio workout that burns a ton of calories and builds total body strength. This workout combines cutting-edge moves with thrilling music to keep you motivated.

**HIIT:** High Intensity Interval Training is an exercise strategy alternating short periods of intense anaerobic exercise with less-intense recover periods.

**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!

**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.

### 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 HIIT participants please attend class 10-15min prior to your first class to learn proper set-up and technique.