



# Group Exercise Schedule

## Dec. 31, 2018 - May 31, 2019

| Room     | Monday                                     | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|----------|--|--|---|--|---|--|
| A or GYM | Boot Camp (45 min)<br>Glenn   5:45         |  | Boot Camp (45 min) GYM<br>Glenn/Tracy O   5:45                                      | Strength Train Together<br>Mary Jo   5:30  | Boot Camp (45 min)<br>Kristen   5:30              |  |
| B        |  | Cycling (45 min)<br>Mary Jo/Kelly   5:30         | Defend Together (45 min) <i>Studio A</i><br>Kelly   5:30                            | Cycling (45 min)<br>Bill   5:30  |   |  |
| Pool     | Shallow Water Aerobics<br>Katie H   8:30   | Shallow Water Aerobics<br>Karla   8:30           | Shallow Water Aerobics<br>Lisa   8:30   | Shallow Water Aerobics<br>Karla   8:30   | Shallow Water Aerobics<br>Lorie   8:30            |  |
| A        | Power Yoga<br>Leslie G   8:45              | HIIT<br>Erica   8:45                             | Step<br>Jill   8:45   | Power Yoga<br>Leslie G   8:45  | HIIT<br>Jill / Katie   8:45                       | Strength / Cardio ROTATION   8:45                      |
| B        | Cycling<br>Erin   8:45                     | Cycling<br>Tim   8:45                            | Cycling<br>Erin   8:45  | Cycling<br>Tim   8:45  |   | Barre Fusion<br>Dates: 3/23-4/27<br>Becky/Erica   8:45 |
| Pool     | Deep Water Aerobics<br>Katie H   9:30      |  | Deep Water Aerobics<br>Lisa   9:30  |  | Deep Water Aerobics<br>Lorie/Leslie   9:30        |  |
| A        | Arms and Abs<br>Jess   10:00               | Strong by zumba<br>Gabby   10:00                 | Body Buff<br>Jess   10:00   | HIIT<br>Jess   10:00   | Body Buff<br>Jess   10:00                         | Zumba Rotation   10:00                                 |
| B        | Zumba<br>Gabby   10:00                     | Barre Fusion<br>Becky   10:00                    | Yoga<br>Linde   10:00   | Zumba<br>Gabby   10:00   |   | Virtual Cycling<br>Dates: 1/5-3/16<br>DVD   9:30am     |
| B        | Cycling (45min)<br>Tim   11:30             |  | Cycling (45min)<br>Dawn   11:30   |  | Cycling(45min)<br>Mary Jo   11:30                 |  |
| A        |  | Silver Sneaker's Classic<br>Leslie/ Beth   1:00  |  | Silver Sneaker's Classic<br>Teri   1:00 (45 min)                                     |   |  |
| A        | Step<br>Jill/Chris V   4:20                | Total Body Conditioning<br>Connie   4:20         | Step<br>Chris V   4:20  | HIIT<br>Connie/Jill   4:20   | Beginners Step<br>Jan 4 - Jan 25<br>Carter   4:45 |  |
| Pool     |  | Water Tabata Aerobics(40 min)<br>Leslie H   4:30 |   | Water Tabata Aerobics(40 min)<br>Leslie H   4:30                                     |   |  |
| A        | Total Body Conditioning<br>Jason   5:30    | Zumba<br>Candace   5:30                          | Total Body Conditioning<br>Jason/Kristen   5:30                                     | Defend Together<br>Kelly   5:30  | Strong (Jan 11) by zumba<br>Ana Rosa   6:00       |  |
| B        | Zumba<br>Michelle/Norma<br>5:15            | Cycling (Begins Feb. 26)<br>Brooke   5:30        |   | HIIT Cycling (35 min)<br>Candace   5:30  |   | <b>CHANGE TODAY FOR A HEALTHIER FUTURE</b>             |
| A        | Strong (Jan 7) by zumba<br>Ana Rosa   6:35 | Strength Train Together<br>Mary Jo   6:35        |   |  |   |  |
| B        | Cycling<br>Brooke   6:30                   |  |   |  |   | Updated<br>12/24/2018                                  |

Child Watch is Available.

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 cancellation notices.

**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:** a customized class designed for older adults who want to improve their strength, flexibility, balance and endurance.

### 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.

**Power Yoga:** Power Yoga is a challenging and FUN vinyasa style class that is designed to build strength, balance and flexibility. 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!

### 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!

**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. Fun, energetic music will 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!

**STRONG by Zumba®** combines high intensity interval training with the science of Synced Music Motivation.

**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.

**Beginner Step:** This beginners class provides the "step moves foundation" to better enjoy more advanced step classes, while providing a great workout in a laid back setting!"

**HIIT Cycling:** 35 min of high intensity cycling. Fun and motivating to get the Cardio going.

**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 will be used as the instructor for the class. Some have just the scenery. Others have an instructor guiding you through the ride.

### Water Aerobic 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.

**Water Tabata:** 40 min of effective types of high intensity interval training. Mixing this format with the properties of water through a variety of simple, yet intense exercises. If your goal is muscle tone, weight loss, or both, this class will provide what you are looking for.

**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.