



Group Exercise Schedule

Schedule begins January 1, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Date	Saturday	
5:30 AM		Power Up Mary Jo/Kelly Studio A 45 minutes		Power Up Mary Jo/Kelly Studio A 45 minutes	Boot Camp Kristen Studio A 45 minutes	9:30 AM Virtual Cycling in Studio B every Saturday		
							8:45 AM	10:00 AM
							1/4	HIIT Erica Studio A
5:30 AM		Cycling Mary Jo/Kelly Studio B 45 minutes		Cycling Tory Studio B 45 minutes		1/11	Body Buff Jess Studio A	Zumba Gabby Studio A
5:45 AM	Boot Camp Glenn Gym 45 minutes		Boot Camp Glenn/Tracy Gym 45 minutes			1/18	Step Carter Studio A	Zumba Gabby Studio A
8:30 AM	Shallow Water **Aerobics** Katie H Pool	Shallow Water **Aerobics** Karla Pool	Shallow Water **Aerobics** Lisa Pool	Shallow Water **Aerobics** Karla Pool	Shallow Water **Aerobics** Katie H Pool	1/25	Cycle HIIT Mary Jo Studio B	Cardio HIIT Zach Studio A
8:45 AM	Arms and Abs Jess Studio A	HIIT Sheri Studio A	Step Jill/Sheri Studio A	**Power Yoga** Jenny Studio A	HIIT Jill/Katie Studio A	2/1	HIIT Erica Studio A	Step Carter Studio A
8:45 AM		Cycling Dawn Studio B 45 minutes		Cycling Dawn/Tim Studio B 45 minutes		2/8	Body Buff Jess Studio A	Zumba Gabby Studio A
9:30 AM	Deep Water Aerobics Katie H Pool		Deep Water Aerobics Lisa Pool		Deep Water Aerobics Katie H Pool	2/15	Step Carter Studio A	Zumba Gabby Studio A
10:00 AM	**Power Yoga** Jenny Studio A	**Barre Fusion** Becky Studio A	Body Buff Jess Studio A	HIIT Wendy Studio A	Body Buff Jess Studio A	2/22	Cycle HIIT Mary Jo Studio B	Barre Erica Studio A
10:00 AM	**Zumba** Gaby Studio B	**Zumba** Gaby Studio B	**Yoga** Linde Studio B	**Zumba** Gaby Studio B		2/29	HIIT Erica Studio A	Step Carter Studio A
11:30 AM	Cycling Tim Studio B 45 minutes		Cycling Tim Studio B 45 minutes		Cycling Mary Jo Studio B 45 minutes	3/7	HIIT Erica Studio A	Zumba Gabby Studio A
1:00 PM		Silver Sneaker's **Classic** Zach Studio A		Silver Sneaker's **Classic** Teri Studio A		3/14	Body Buff Jess Studio A	Step Carter Studio A
4:20 PM	Step Jill/Chris Studio A	TBC Connie Studio A	Step Chris V Studio A	HIIT Connie/Jill Studio A		3/21	Cycle HIIT Mary Jo Studio B	Zumba Gabby Studio B
5:30 PM	TBC Jason Studio A	Yoga Sculpt Jenny Studio A 45 minutes	TBC Kristen Studio A	Body Buff Jess Studio A	**Zumba** Gabby Studio A	3/28	Step Carter Studio A	Barre Erica Studio A
5:30 PM		**HIIT Cycle** Zach Studio B 40 minutes		**Zumba** Concepcion Studio B		4/4	HIIT Erica Studio A	Zumba Gabby Studio A
6:30 PM		Zumba Maria Studio A 45 minutes				4/11	Body Buff Jess Studio A	Step Carter Studio A
<p align="center"><u>Cancellation Policy</u></p> <p align="center">Classes are subject to change or cancel without notice</p> <p align="center">Check the Kandi Group Exercise Facebook page and the front desk for cancellation notices.</p> <p align="center">All group exercise classes are cancelled when Willmar Public schools are closed for weather.</p> <p align="center">All morning classes are cancelled & child watch opens at 10 when there is a 2 hour delay.</p>						4/18	TBC Jason Studio A	Zumba Gabby Studio A
						4/25	Step Carter Studio A	Barre Erica Studio A
						5/2	TBC Jason Studio A	Barre Erica Studio A

Beginner / Healthy Aging Friendly Classes
All classes are one hour long unless otherwise noted