



Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 AM	Boot Camp Glenn	Cycling Kelly	Boot Camp Tracy	Cycling Tory	Boot Camp Kristen
8:00 AM	Shallow Water **Aerobics** Katie Pool	Shallow Water **Aerobics** Karla Pool	Shallow Water **Aerobics** Lisa Pool	Shallow Water **Aerobics** Karla Pool	Shallow Water **Aerobics** Zach Pool
9:00 AM	Arms and Abs Zach	Cardio Sculpt Sheri	Body Buff Sheri	Cardio Circuit Zach	Power Up Mary Jo
10:30 AM	Cycling Dawn		**Yoga** Linde		HIIT Katie/Zach
1:00 PM				Silver Sneaker's **Classic** Teri	
5:30 PM	TBC Jason	TBC Connie	TBC Kristen	Zumba Concepcion	

Cancellation Policy

Classes are subject to change or cancel without notice

Check the Kandi Group Exercise Facebook page and the front desk for cancellation notices.

All group exercise classes are cancelled when Willmar Public schools are closed for weather.

All morning classes are cancelled & child watch opens at 10 when there is a 2 hour delay.

****Beginner / Healthy Aging Friendly Classes****

All classes are 45 minutes in length.

