



# Group Exercise Schedule

## Sept. 4 – Dec. 31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Room A	Boot Camp (45 min) Glenn   5:45		Boot Camp (45 min) Glenn/Tracy O   5:45		Boot Camp (45 min) Kristen   5:30	
B		Cycling (45 min) Mary Jo/Kelly   5:30	Defend Together (45 min) Kelly   5:30	Cycling (45 min) Bill   5:30		
Pool A	Shallow Water Aerobics Katie H   8:30	Shallow Water Aerobics Karla   8:30	Shallow Water Aerobics Lisa   8:30	Shallow Water Aerobics Karla   8:30	Shallow Water Aerobics Leslie H   8:30	Strength / Cardio ROTATION   7:46
A	Power Yoga Leslie G   8:45	HIIT Erica   8:45	Step Jill   8:45	Power Yoga Leslie G   8:45	HIIT Jill / Katie   8:45	Strength/ Cardio ROTATION   9:00
B		Cycling Tim   8:45		Cycling Tim   8:45		Barre Fusion Sept & Oct Only Erica/Becky 8:45
Pool A	Deep Water Aerobics Katie H   9:30		Deep Water Aerobics Lisa   9:30		Deep Water Aerobics Leslie H   9:30	
A	Arms and Abs Jess   10:00	Barre Fusion Becky   10:00	Body Buff Jess   10:00	HIIT Jess   10:00	Body Buff Jess   10:00	Zumba Rotation   10:10
B	Zumba Gabby   10:00	Zumba Gabby   10:00	Yoga Linde   10:00	Zumba Gabby   10:00		
A		Core Values Dean   11:30				
B	Cycling Tim   11:30		Cycling Dawn   11:30		Cycling Mary Jo   11:30	
A		Silver Sneaker's Classic Conni/Beth   1:00		Silver Sneaker's Classic Teri   1:00 (45 min)		
A	Step Jill/Chris V   4:20		Step Chris V   4:20	HIIT Connie/Jill   4:20		
Pool A		Water Tabata Aerobics(40 min) Leslie H   4:30		Water Tabata Aerobics(40 min) Leslie H   4:30		
A	Total Body Conditioning Jason 5:30		Total Body Conditioning Jason/Kristen 5:30	Defend Together Kelly   5:30		
B		Yoga Flow Missy   5:31		HIIT Cycling (35 min) Candace   5:31		
A	Zumba Candace   6:35	Strength Train Together Mary Jo   6:35	Warhawks Workout 6:35   Nov 7–Dec 12 13yrs. & Up	Strength Train Together Mary Jo   6:35		updated 9/11/2018

**Child Watch is Available for \$2.00 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 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.**

### Workout with the Warhawks

Nov. 7 thru Dec. 12: Warhawk team players will be in studio A with a fun workout for anyone 13ys and up!

### 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.

**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. 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!

**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. (come to class 10-15 min early if it is your first time for set up)

### 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. 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!

**POP Dance Fitness:** workout using a combination of dance moves to music that will inspire you to move!

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