



Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM		**HIIT Cycle** Zach Studio A		**Cycling** Tory/Kelly Studio A	Boot Camp Kristen Gym	Schedule for 11/7 -12/31	
5:45 AM	Boot Camp Glenn Gym		Boot Camp Tracy Gym			9:00 in Studio A	
9:00 AM	Arms and Abs Zach Gym	Cardio Sculpt Sheri Gym	Body Buff Sheri Gym	Cardio Circuit Zach Gym	Power Up Mary Jo Gym	11/7	TBC Kristen
9:00 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	11/14	Step Carter
10:00 AM	Shallow Water **Aerobics** Katie Pool		Shallow Water **Aerobics** Lisa Pool		Shallow Water **Aerobics** Zach Pool	11/21	TBC Kristen
10:30 AM			**Yoga** Linde Studio A			11/28	Step Carter
11:30 AM	**Cycling** Dawn Studio A		**Cycling** Tim Studio A		**Cycling** Tim/Zach Studio A	12/5	HIIT Erica
1:00 PM		Silver Sneaker's **Classic** Zach Studio A		Silver Sneaker's **Classic** Teri Studio A		12/12	Step Carter
5:30 PM	TBC Jason Studio A	Strength N' Ride Connie Studio A	TBC Kristen Studio A	Cardio Kickboxing Sean Studio A		12/19	HIIT Erica
6:30 PM		**Zumba** Concepcion/Maria Studio A		**Zumba** Gaby Studio A		12/26	No Class

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.

