



# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday		
5:30 AM				<b>**Cycling**</b> Tory Studio A	<b>Boot Camp</b> Glenn Gym		
5:45 AM	<b>Boot Camp</b> Glenn Gym		<b>Boot Camp</b> Tracy/Glenn Gym				
9:00 AM					<b>Power Up</b> Mary Jo Studio A		
9:00 AM	<b>Shallow Water</b> <b>**Aerobics**</b> Katie Pool	<b>Shallow Water</b> <b>**Aerobics**</b> Karla Pool	<b>Shallow Water</b> <b>**Aerobics**</b> Lisa Pool	<b>Shallow Water</b> <b>**Aerobics**</b> Karla Pool			
10:00 AM	<b>Deep Water</b> <b>**Aerobics**</b> Katie Pool		<b>Deep Water</b> <b>**Aerobics**</b> Lisa Pool				
10:30 AM			<b>**Yoga**</b> Linde Studio A				
11:30 AM	<b>**Cycling**</b> Tim Studio A		<b>**Cycling**</b> Tim Studio A				
1:00 PM				<b>Silver Sneaker's</b> <b>**Classic**</b> Teri Studio A			
5:30 PM							
6:30 PM		<b>**Zumba**</b> Concepcion/Maria Studio A		<b>**Zumba**</b> Gaby Studio A			

## 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 when there is a 2 hour delay.

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

All classes are 45 minutes in length.

