



# Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 AM				<b>**Cycling**</b> Tory/Kelly Studio A	Boot Camp Kristen Gym	Schedule starts 9/8/2020	
5:45 AM	Boot Camp Glenn Gym	<b>**HIIT Cycle**</b> Zach Studio A	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	9/12	Step Carter
9:00 AM	Shallow Water <b>**Aerobics**</b> Katie Pool	Shallow Water <b>**Aerobics**</b> Karla Pool	Shallow Water <b>**Aerobics**</b> Lisa Pool	Shallow Water <b>**Aerobics**</b> Karla Pool	Shallow Water <b>**Aerobics**</b> Zach Pool	9/19	Butts and Guts Zach
10:00 AM	Shallow Water <b>**Aerobics**</b> Katie Pool		Shallow Water <b>**Aerobics**</b> Lisa Pool		Shallow Water <b>**Aerobics**</b> Zach Pool	9/26	Step Carter
10:30 AM			<b>**Yoga**</b> Linde Studio A			10/3	Power Up Mary Jo
11:30 AM	<b>**Cycling**</b> Dawn Studio A		<b>**Cycling**</b> Tim Studio A		<b>**Cycling**</b> Tim/Zach Studio A	10/10	Step Carter
1:00 PM		Silver Sneaker's <b>**Classic**</b> Zach Studio A		Silver Sneaker's <b>**Classic**</b> Teri Studio A		10/17	HIIT Zach
5:30 PM	TBC Jason Studio A	Strength N' Ride Connie Studio A	TBC Kristen Studio A	Cardio Kickboxing Sean Studio A		10/24	Power Up Mary Jo
6:30 PM		<b>**Zumba**</b> Concepcion/Maria Studio A		<b>**Zumba**</b> Gaby Studio A		10/31	Step Carter

## 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.

