



# January 2019 Group Fitness Schedule

REVISED & Updated 12/20/18

Schedule is subject to change. Drop-in classes are complimentary with any Fitness Membership: some Specialty Fitness Classes may require a registration fee, others encourage registration due to the space and equipment. Register in person or by phone 287-1404

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday	
Studio	Non-Studio & Special Events	Studio	Non-Studio & Special Events	Studio	Non-Studio & Special Events	Studio	Non-Studio & Special Events	Studio	Non-Studio & Special Events	Studio	Studio	
6-6:15am Booty Boost VIRTUAL		6-7am Yoga for the Core VIRTUAL		6-6:15am Cardio Express Virtual		6-7am Strength & Cardio Virtual		6-6:45am Vinyasa Flow Yoga Sunny				
6:15-7am Mindful Morning Brent			New Year's Fitness Kickoff Dance Variety  Avin 9am-12pm Jan 1st only	6:15-7am Mindful Morning Brent					6:45-7am Kickboxing Express Virtual			
7:20-8:05am Zumba (All Levels) Mirna				7-7:45am Bosu & Ball (moderate intensity) Jen	7:20-8:05am Zumba (All Levels) Mirna			7-7:45am PiYo (moderate intensity) Jen		7:20-8:05am Zumba (All Levels) Mirna		7-8am Boot 3 Virtual
8:10-8:55am Yoga Lindsay	9-10am SAIL Catholic Charities (all welcome)	8-8:45am Zumba Gold (All Levels) Kim	Tai Ji Quan for Balance 8:30-9:30am (register)	8:10-8:55am Yoga Sara	9-10am SAIL Catholic Charities (all welcome)	8-8:45am Zumba Gold (All Levels) Kim	Tai Ji Quan for Balance 8:30-9:30am (register)	8:10-8:55am Yoga Sara		8-8:45am Vinyasa Flow Yoga Sunny		
9:05-9:55am Heart Strong: (all levels) Fred		9-9:30am S.S. Classic (all levels) Jen	9:15-9:45am Gentle Seated Yoga Sara	9:05-9:55am Heart Strong: (all levels) Fred		9-9:30am S.S. Classic (all levels) Jen	9:15-9:45am Gentle Seated Yoga Sara	9:05-9:55am Heart Strong: (all levels) Fred		9-9:45am Weekend Zumba		
10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Jen	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Brent	10-10:30am Am Aerobics (Moderate Intensity) Fred		10-10:45am PWR Moves & Circuit Standing Fred (Register)	10-10:30am Stretch & Tone Kyle	10-11am Sit & Be Fit Virtual	10-11am Easy Does It Virtual	
10:45-11:20am Cardio- Drumming Mirna		10:45-11:20am Cardio-Drumming Mirna	Clog Dancing 11am-12pm Avin Starts 1/15/19	10:45-11:20am Cardio-Drumming Mirna		10:45-11 :20am Cardio- Drumming Mirna		10:45-11:20am Cardio- Drumming Mirna		12:30-1pm Kids&Family Yoga Lindsay Jan 12th		
11:30-12pm Kettlebells Jen		11:30-12pm Cardio Sculpt Jen		11:30-12pm Cardio Kickboxing		11:30-12pm Bosu & Ball Jen		11:30-12pm Kettlebells Brent				
2-2:45pm PWR Moves & Circuit Standing Brent (Register)		12:15-1:00pm Ballet Basics Avin		2-2:45pm PWR Moves & Circuit Standing Brent (Register)				2-2:45pm PWR Moves & Circuit Standing Brent (Register)			1-2pm Cardio & Strength Virtual	
		2-4pm Table Tennis				2-4pm Table Tennis						
4:30-5:05pm Kick Punch Cardio VIRTUAL		5-5:45pm Yoga Lindsay	4:30-5:30pm Fit&Strong (all welcome)	4:45-5:15pm Yoga for Fitness & Pain Management (Register)		Fitness 4Pack 4:30-5pm Variety (Register)	4:30-5:30pm Fit&Strong (all welcome)	4:45-5:15pm Yoga for Fitness & Pain Management (Register)		Fun & Fit 5-6pm Mindfulness & Wine 1/19	3-3:30pm Axis 2 Virtual	
5:15-6pm Dance Club Leslie		5:45-6:15pm Kettlebells Brent		5:45-6:30pm Yoga Lindsay				5:45-6:30pm Yoga Lindsay				
6-7pm Cardio-Boxing (High Intensity) Sylwia (Register)		6:20-7:05pm Zumba Jaime		6:45-7:45pm Kick Punch Cardio Virtual	6-7pm Community Zumba Mirna	6:20-7:05pm International Zumba Rimki	8 Week Weight Loss Challenge 5-5:45pm (Register)					
Personal Training Available: Let our professionals design a workout program just for you! Stop by the Fitness Desk and learn more about how a Personal Trainer may help you				Fitness Assessments: Included in your Fitness Membership at no additional cost. Visit the Fitness Desk to schedule an assessment and discover if you have any strength, balance, or cardiovascular areas that need improvement.				Fitness Orientations: Learn how to get the most out of your Fitness Membership. Orientations are free, but limited to four during each year of Membership.				

**Class Descriptions (Check out our Program Guide for more details)**

**Abs & Glutes VIRTUAL-** Prepare to torch fat and sculpt a sexy booty and abs! Molly will guide you through this highly effective and easy to follow routine.

**AM Aerobics-** Low to Moderate impact, Varied intensity. Move your body through a gentle, but challenging cardio-dance/wellness class. Routines are choreographed to music, equipment may be used as well.

**Axis VIRTUAL-** Core based Strength training combined with cardio intervals designed to work the entire body. Moderate intensity

**BodyShred-** Jillian Michaels created this branded workout which consists of rounds 3mins strength, 2mins cardio and 1min core work

**Boot VIRTUAL-** body weight strength and HiiT workout( high intensity interval training)

**Bosu & Ball-** Body weight balance, flexibility and strength are the focus of this uniquely fun class. Low impact, moderate intensity

**Cardio-Boxing-** High impact, High intensity. Choreographed boxing, high intensity interval training, and core workout make this a fun and challenging experience.

**Cardio Drumming-** Choreographed rhythmic drumming with a bit of dancing and fitness infused to make it as fun as it is effective

**Cardio-Sculpt-** Moderate Impact, High Intensity, a balanced workout of alternating strength & cardio sets designed to keep your heartrate revved up.

**Community Zumba-** Moderate Impact, High Intensity. Everyone is invited, even future Members to enjoy this high intensity aerobic dance class. Class instruction may be executed in one or more languages.

**CookBOOK Club-** Creating new recipes from old favorites, with a healthy and tasty twist

**Dance Club-** Low to Moderate impact, Varied intensity. Aerobic dance class using popular music to motivate you to be active and keep moving.

**Easy Does It VIRTUAL-** Short strength and flexibility workouts for those who are new to exercise and prefer light intensity

**Everyday Yoga VIRTUAL-** These sequences to help you learn how to strengthen and soften the body at the same time. Preparation is key and these yoga postures, meditations, breathing techniques, visualizations and affirmations, will build physical and emotional strength and flexibility.

**Gentle Seated Yoga-** Low impact, Varied intensity. Strictly using a chair, seated or standing with chair support.

**Heartstrong-** Dance, move and lift your way to better healthUsing principals of aerobic and strength classes to give you a complete workout.Moderate impact, low intensity

**Intergenerational Classes-** Varied impact, Varied intensity. Registration is required. Members and registered guests may bring children to these classes, but must follow all the guidelines related to supervised minors. Classes will focus more on body weight exercises and safe activities for participants of all ages.

**International Zumba-** Classic Zumba dancing set to international music. Exciting, unique songs from many different countries create a fit and fun atmosphere. Moderate impact & intensity

**Kettlebells-** Moderate to High intensity. Strength training workout using kettlebells for resistance in all different ways.

**Kickboxing-** punches & kicks are built into combinations designed to move you in all directions. Building cardio strength and balance are the focus of this class. High/moderate intensity/impact

**Mat Pilates VIRTUAL-** A great introductory mat workout done entirely on the floor. Focus on core strength and posture. Low impact/moderate intensity

**Mindful Morning flow-**Yoga done with special attention to each participant creating the best possible outcomes. Low impact/ varied intensity

**Pilates Fusion-** Low impact, Moderate intensity. Incorporating principals of Pilates, Ballet, and Yoga this class works you through a full range of motion and encourages great posture and flexibility.

**PIYo LIVE-**Yoga & Pilates inspired movements at a fast pace. PIYo combines strength, flexibility and cardio for a calorie torching workout. Low impact, moderate/high intensity

**PWR Moves&Circuit-** Exercise integrating sports,fitness and more traditional gym activities such as strength, agility, balance, coordination and flexibility. Designed with Parkinson's in mind

**Power Tone-** A strength workout for the entire body using a loaded barbell as resistance. Low impact, moderate/high intensity

**Sit and Be Fit-** Light intensity workouts seated in a chair, strength, flexibility, and coordination are the emphasis in these workouts

**SAIL-**"Staying active and independent for life" Offered for free by Winona Catholic Charities. Everyone is welcome to join, members and non-members

**S. S. Circuit-** Varied impact, Varied intensity. Standing, low-impact choreography alternated with upper-body strength work with hand-held weights, elastic tubing with handles and a ball.

**Sport VIRTUAL-** These workouts are designed to work the entire body using short cardio bursts and resistance training

**Stretch & Tone-** A comprehensive toning workout where each muscle group gets strengthened then stretched. This workout will leave you feeling lengthened and stronger

**Table Tennis-** Three tables will be available in the Fitness Studio for players to participate in open games.

**Kick Punch Cardio-** Mixed martial arts drills and combinations make for a fun, moderate intensity cardio workout

**Vinyasa Yoga-**Postures flow seamlessly together using the power of your breath. This class offers a variety of poses where no 2 classes are ever alike.

**Yoga-** Low impact, Varied intensity. Increase flexibility, balance, & strength through stretching & breathing techniques. Modified poses also provided.

**Zumba Gold-** A great cardio workout for active older adults, original Zumba moves at a lower intensity with songs from the 60s,70s & 80s plus modern hits!