

Sept, Oct, Nov & Dec Group Fitness Schedule

Phase I (P1) Class is done almost entirely seated, or standing with support.				Phase II (P2) Primarily Standing, with chair/barre available for support				Phase II (P3) Performed standing/mat without chair, chairs are still available			
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #2	Studio #1	Studio #1
6-7am Abs & Barre Sculpting VIRTUAL		6-7am Everyday Yoga & Abs VIRTUAL		6-7am Body Cardio VIRTUAL		6-7am Total Body Cardio VIRTUAL		6-7am Yoga & Meditation VIRTUAL			
7-7:55am (P3) Yoga Laura		7-7:45am (P3) Bosu & Ball Jen		7-7:55am (P3) Yoga Laura	7-7:45am (P2) Cycle Jen	7-7:45 (P3) PiYo Jen		7-7:55am (P3) Yoga Laura			
8-8:55am (P2) Zumba Mirna		8-8:45 (P2) Zumba Gold Kim	8-8:55am (P3) Vinyasa Yoga Sunny	8-8:55am (P2) Zumba Mirna		8-8:45 (P2) Zumba Gold Kim	8-8:55am (P3) Vinyasa Yoga Sunny	8-8:55am (P2) Zumba Mirna		8-8:55am (P2) Yoga Max/Sunny	
9:05-9:55am (P2) Heartstrong Fred	9-9:45am (P1) Seated Strength Laura	9-9:45am (P2) SilverSneakers Circuit Jen	9:15-10am (P1) Gentle Seated Yoga Sunny	9:05-9:55am (P2) Heartstrong Fred	9-9:45am (P1) Seated Strength Laura	9-9:45am (P2) SilverSneakers Circuit Jen	9:15-10am (P1) Gentle Seated Yoga Sunny	9:05-9:55am (P2) Heartstrong Fred		9-9:55am (P2) Zumba Rotation	
10-10:45 ♦ PWRMoves #1 Fred/register	10-10:30 (P1) Stretch & Tone Laura	10-10:30 (P2) AM Aerobics Fred	10-10:30 (P2) Balance for Everyone Laura	10-10:45 ♦ PWRMoves #1 Fred/register	10-10:30 (P1) Stretch & Tone Laura	10-10:30 (P2) AM Aerobics Fred	10-10:45am (P2) Cycle Jen	10-10:45 ♦ PWRMoves #1 Fred/register	10-10:30 (P1) Stretch & Tone Laura	10-10:45am ♦ Boxing for Neurological Function & Social Hour Raphael	10-11am Sit & Be Fit VIRTUAL
10:45-11:30 (P2) Cardio Drumming Mirna	11-11:45 ♦ PWRMoves #2 Fred/register	10:45-11:30 (P2) Cardio Drumming Mirna		10:45-11:30 (P2) Cardio Drumming Mirna	11-11:45 ♦ PWRMoves #2 Fred/register	10:45-11:30 (P2) Cardio Drumming Mirna		10:45-11:30 (P2) Cardio Drumming Mirna	11-11:45 ♦ PWRMoves #2 Fred/register		
11:35-12:20 (P3) Yoga Sculpt Laura		11:35-12:20 (P2) Cardio Sculpt Jen		11:35-12:20 (P3) Kickboxing Jen	12:30-1:15 (P3) Yoga Max	11:35-12:20 (P2) Bosu & Ball Jen	11:30-12:45 (P2) Tai Chi Patrick		11:45-12:30pm (P2) Kettlebells Brent		1-1:45pm Boot 6 VIRTUAL
12:30-1:15pm (P2) Dance & Drum Mirna		1:30-3:30pm Table Tennis			4:30-5:15pm (P3) Yoga Sculpt Laura	1:30-3:30pm Table Tennis	2-3:30pm ♦ SAIL'IN Fred & Laura (October Start)	12:30-1:15pm (P2) Dance & Drum Mirna		11:45-12:15pm Studio Reserved	3-3:30pm Yoga Strength VIRTUAL
4:30-5:15 (P3) Yoga Sculpt Laura			4:30-5pm (P3) HIIT Training Jenn	5-5:45pm Studio Reserved	5:15-5:45pm (P3) Strength Laura		4:15-5 (P3) PiYo Jenn		4:30-5:15 (P2) Yoga Max	3:30-4pm Sit & Be Fit Balance VIRTUAL	
5:15-6pm (P3) Strength Laura	5-6pm (P2) Cycle Brent	5-5:45pm (P2) Strength for Everyone Jenn	5:15-6pm (P3) Yoga Sunny	6-7pm ♦ Boxing Fit Raphael	5:45-6:30 (P3) Yoga Sunny	5-5:45pm Studio Reserved	5-6pm (P2) Cycle Brent	5:15-6pm (P3) CardioSculpt Katie	5:15-6:30 (P2) Tai Chi Patrick		
6-7pm ♦ Cardio-Boxing Sylwia	6-7pm (P3) Zumba Jaime	6-6:45pm Studio Reserved	6-7pm (P3) Zumba Jaime	7-8pm ♦ Boxing Comp Raphael	6-7pm (P3) Community Zumba Mirna	6-7pm (P3) Power Tone Brent	6-7 (P3) Zumba Katie				♦ Registration Required
Personal Wellness Training: By appointment contact 507-361-1734 to learn more.		Fitness Orientation: Learn to use fitness equipment and create a wellness program, 507-361-1734		Pool Training & Private Swim Lessons 507-361-1734		Staying STEADI - Falls Prevention Screening FREE for MEMBERS & PUBLIC over the age of 65 years		Fitness Assessments: Members of all ages and wellness levels. Free for Fitness Members, \$10 non- Fitness Members		Nutrition Coaching: By appointment contact 507-361-1734 to learn more	

All classes start on time. After class, we encourage members to visit with each other in the lounge areas outside of the studios.

Class Descriptions

Abs & Barre VIRTUAL- Prepare to torch fat and sculpt a healthy body! Be guide 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.

Yoga & Meditation- Mindful movement in a safe and effective workout. Moderate intensity

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.

Cycling (Inclusive Studio)- a cardio workout using stationary bicycles for fun and challenging drills such as timed speed bouts, hill climbs and intervals. Cycles, recumbents, arm ergometers and tandem cycle.

Strength for Everyone- Strength class catering to ALL levels of fitness. Modifications are presented to create the best experience possible for everyone.

Stretch & Tone- Seated flexibility and strengthening class, almost entirely seated.

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.

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

Dance & Drum- Fun and exciting class combining rhythmic drumming and aerobic dance.

Cardio Drumming- Full range of motion activity using rhythmic drumming and cardio-driven movement to create a fun and meaningful program

Seated Strength- Strength class offered entirely seated, with a variety of equipment.

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- Virtual workout, Light intensity workouts seated in a chair, strength, flexibility, and coordination are the emphasis in these workouts

S. S. Circuit- Varied impact, Varied intensity. Standing, low-impact choreography followed by strength work with hand-held weights, elastic tubing with handles and a ball.

HIIT- High intensity interval training: Intervals that combine high and moderate intensity to keep you working as hard as possible for the entire class.

Tai Chi- Gentle flowing movements that is amazing for balance, strength, and endurance

Balance for Everyone- Learn how to stay independent by practicing falls prevention exercises.

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

Yoga Sculpt- Designed to help build strength, balance, and cardio enduranceUsing weights and combining strength training moves with a yoga sequence will challenge every muscle.

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

Zumba- Moderate impact, Varied intensity. Heart pumping music and aerobic dancing.

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!