

# \*\*\* January 2022 Group Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5—7 a.m.	<b>TBC</b> Molly B Studio 1 5:30 - 6:15 a.m.	<b>Cycle</b> Brad Cycle 5:30 - 6:15 a.m.	<b>Body Sculpt</b> Molly B Studio 1 5:30 - 6:15 a.m.	<b>Cycle</b> Brad Cycle 5:30 - 6:15 a.m.	<b>TBC</b> Molly B Studio 1 5:30 - 6:15 a.m.		
8 a.m.—11 a.m.	<div style="background-color: #d9ead3; padding: 2px;"><b>SilverSneakers® Classic</b> Kim Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>Chair Yoga (Starting 1/24)</b> Kim Studio 2 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Water Aerobics</b> Kristen Pool - shallow 10:15 - 11 a.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>SilverSneakers® Classic</b> Molly S Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Mix It Up</b> Molly S Studio 1 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>*Parkinson's Functional Exercise (FREE CLASS)</b> Molly S./Kim Studio 1 10:15 - 11:15 a.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>SilverSneakers® Circuit</b> Kristen Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Barbell Strength</b> Kristen Studio 1 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Water Aerobics</b> Kristen Pool - shallow 10:15 - 11 a.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>SilverSneakers® Classic</b> Kim Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Barre Blend</b> Molly S Studio 1 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Deep Water</b> Hannah Pool - deep 10:15-11 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>*Pedaling for Parkinson's (FREE CLASS)</b> Kim &amp; Molly S. Cycle 10:15 - 11:15 a.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>SilverSneakers® Classic</b> Kim Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Yoga Flow</b> Sarah B Studio 2 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>SilverSneakers® Circuit</b> Kristen Studio 1 10:15 - 11 a.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>Cycle</b> Brad Cycle 7:30 - 8:15 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Water HIIT</b> Paula Pool - shallow 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>Zumba®</b> Sarah B. Studio 1 8 - 8:45 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Barbell Strength</b> Sarah B Studio 1 9 - 10 a.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Cycle 360</b> Paula Cycle 9 - 10 a.m.</div>	<b>Water Aerobics</b> Paula Pool - shallow 8:15 - 9:15 a.m.
11 a.m.—1 p.m.					<b>Water HIIT</b> Paula Pool - shallow 12 - 12:45 p.m.		
3—8 p.m.	<div style="background-color: #d9ead3; padding: 2px;"><b>Cycle</b> Paula Cycle 5 - 5:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Body Sculpt</b> Brad Studio 1 5:45 - 6:30 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>HIIT</b> Carol Studio 2 6 - 7 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Boot Camp</b> Paula East Gym/Outside 6 - 7 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Zumba®</b> Megan Studio 1 6:45 - 7:45 p.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>Cycle</b> Molly B. Cycle 5 - 5:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Yoga Classic</b> Chrissy Studio 2 5:45 - 6:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Body Sculpt</b> Molly B. Studio 1 6 - 6:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>Oula® Dance Fitness</b> Jazmine Studio 1 7 - 8 p.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>Cycle</b> Paula Cycle 5 - 5:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Barbell Strength</b> Carol Studio 1 5:30 - 6:30 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Boot Camp</b> Paula Downstairs Multipurpose/ Outside 6 - 7 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>Zumba®</b> Kelsey Studio 1 6:45 - 7:45 p.m.</div>	<div style="background-color: #d9ead3; padding: 2px;"><b>Cycle &amp; Core</b> Molly B. Cycle 5 - 6 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Yoga Classic</b> Chrissy Studio 2 5:45 - 6:45 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Cardio Kickboxing</b> Brad Studio 1 5:45-6:30 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>NEW!</b> <b>Barre Blend</b> Jamie Teen Center Room 5:45 - 6:30 p.m.</div> <div style="background-color: #d9ead3; padding: 2px; margin-top: 5px;"><b>Oula® Dance Fitness</b> Jamie Studio 1 6:45-7:45 p.m.</div>		<b>Barre Blend</b> Jamie Studio 1 4 - 4:45 p.m.	



Active Older Adult
Aquatics
Cardio
Strength
Cardio/Strength
Mind/Body

\*Parkinson's Functional Exercise & Pedaling for Parkinson's are being offered for free for participants and caregivers due to a generous donation from O'Brien's Public House and Humana!

\*\*\*All fitness classes at the SCC require reservations. Visit [www.ShakopeeMN.gov/communitycenter](http://www.ShakopeeMN.gov/communitycenter) to view most current schedule and to make reservations. Reservations for in-person classes open 24 hours before class until one hour before the start of class. 12-14 year olds may join class if accompanied by an adult.

## **Active Older Adults Classes**

### **Chair Yoga**

This yoga class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility and balance. End your practice with deep breathing and a seated final relaxation.

### **Parkinson's Functional Exercise**

This class is designed for people with Parkinson's. This class can help to reduce stiffness, regain mobility, improve balance and posture, and strengthen muscles. This class received a grant, so it is free for participants and caregivers.

### **Pedaling for Parkinson's**

This class is designed for people with Parkinson's, but anyone who needs help with mobility and balance is welcome to join. Riding an indoor, stationary bicycle has been shown to reduce Parkinson's disease symptoms by as much as 35% and it's something almost anyone with PD can do! This class received a grant, so it is free for participants and caregivers. This class does require a medical consent form signed by a licensed doctor.

### **SilverSneakers® Classic**

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Intensity level 1 out of 5.

### **SilverSneakers® Circuit**

The SilverSneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for standing support. Intensity level 3 out of 5.

## **Aquatics Classes**

### **Deep Water**

Take your water aerobics workout to the deep end of the pool with this no-impact class. Floatation belts are worn to keep you suspended as you increase your cardiovascular endurance, muscular strength, and flexibility.

### **Water Aerobics**

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. This class is appropriate for all levels.

### **Water HIIT**

Take your water aerobics workout to the next level! This High Intensity Interval Training (HIIT) class will challenge you in the water! You'll do power moves, plyometrics, sprints, and suspension moves, adding weight, buoyancy, and drag.

## **Cardio Classes**

### **Cycle**

An interval class on industrial-strength stationary bicycles set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner—because the resistance and pace can be modified by the individual participant. It's high-energy, motivating and the best calorie-burner. \*Cycle & Core: class ends with 15 minutes of core/abs strength work.

### **Oula® (dance fitness)**

Oula® merges high-intensity cardio with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. Every Oula® class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

### **Zumba®**

Zumba® is a fusion of Latin and international music-dance themes creating a dynamic, exciting, and effective workout. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt.

## **Strength Classes**

### **Barbell Strength**

Weight training creates strong, lean bodies. This all-weight training class will challenge every major muscle group. You will use barbells with weighted plates on each end or hand weights. All levels welcome.

### **Body Sculpt**

Feel the burn as you challenge your major muscle groups using a variety of resistance training and tools. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass and tone up.

## **Cardio/Strength Classes**

### **Boot Camp**

This class is designed to challenge the athlete inside of us all. No complicated choreography – just loads of endurance, agility, and strength-building athletic intervals. You'll feeling stronger with results you will see.

### **Cardio Kickboxing**

Kickboxing combines boxing elements with martial arts for strengthening and conditioning your entire body! This low to high intensity workout teaches you controlled sequences and power combinations. For virtual Kickboxing class, you will only need light weights and a mat.

### **Cycle 360**

Tabata style intervals both on and off the bike will increase both your cardiovascular and muscular strength and endurance. As this class will be constantly moving from on the bike work to off the bike work, regular tennis shoes are highly recommended.

### **HIIT (High Intensity Interval Training)**

Don't let the name scare you! You will alternate short intense segments of work with less-intense recovery periods. This total-body workout will burn fat and improve athletic capacity.

### **Mix It Up**

Every class will be different to keep your mind interested and your body challenged. Get the best of both worlds and work your entire body, heart and lungs with a combination of cardio and strength. For virtual Mix It Up, you only need weights and a mat.

### **Tabata**

Tabata is a type of HIIT (High Intensity Interval Training) that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with a brief rest of 10 seconds. This type of exercise has been researched and proven to be extremely effective with a short amount of time. For virtual Tabata, you only need weights and a mat.

### **TBC (Total Body Conditioning)**

Kick start your day with a class sure to wake up your muscles and keep them guessing with a variety of class formats depending on the day and the week. This class will utilize a variety of equipment to rev up the muscles and get your heart pumping.

## **Mind/Body Classes**

### **Barre Blend**

Barre Blend is a fusion of ballet, yoga, Pilates, and strength training with an emphasis on body awareness, flexibility, and correct posture. Movements are synced to energizing music while you strengthen and tone your entire body. For virtual Barre Blend, you will need a mat, light weights, and a sturdy chair.

### **Gentle Yoga**

Create a mind/body connection with yoga. This class will focus on breathing, flexibility, alignment and relaxation. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace.

### **Yoga Classic**

Create a mind/body connection with yoga. This traditional hatha-style yoga class will focus on breathing, flexibility, balance, alignment, mindfulness, and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This class is appropriate for all levels.

### **Yoga Flow**

This class will incorporate vinyasa style yoga, linking foundational postures to breath in order to develop a deep mind-body connection. There will also be a focus on increased strength, balance and flexibility.