

November Fitness Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5—7 a.m.	TBC Molly S Studio 1 5:30 - 6:15 a.m.	Cycle Kristi Cycle 5:30 - 6:15 a.m.	Body Sculpt Megan Studio 1 5:30 - 6:15 a.m.	Cycle Molly B Cycle 5:30 - 6:15 a.m.			
8 a.m.—1 p. m.	SilverSneakers® Classic Kristen Studio 1 8 - 8:45 a.m.	SilverSneakers® Classic Sarah F Studio 1 8 - 8:45 a.m.	SilverSneakers® Circuit Kristen Studio 1 8 - 8:45 a.m.	SilverSneakers® Classic Sarah F Studio 1 8 - 8:45 a.m.	Boomer Strength Kristen/Molly S Studio 1 8 - 8:45 a.m. (NO class 11/29)	Water HIIT Paula Pool - shallow 8 - 8:45 a.m.	Water Aerobics Paula Pool - shallow 8:15 - 9 a.m.
	Tabata Kristen Studio 1 9 - 9:45 a.m.	TBC Molly S Studio 1 9 - 10 a.m.	Body Sculpt Kristen Studio 1 9 - 10 a.m.	Strength & Stretch Molly S Studio 1 9 - 10 a.m.	Cycle & Core Kristen Cycle 9 - 10 a.m.	Pilates Sarah B Studio 2 8 - 8:45 a.m.	Cycle 360 Paula Cycle 9:15 - 10 a.m.
	Water Aerobics Kristen Pool - shallow 10:15 - 11 a.m.	Water HIIT Sarah F Pool - shallow 10:15 - 11 a.m.	Water Aerobics Kristen Pool - shallow 10:15 - 11 a.m.	Pedaling for Parkinson's Molly S Cycle 10:15 - 11:15 a.m.	SilverSneakers® Circuit Kristen Studio 1 10:15 - 11 a.m.	Cycle & Core Sarah F/Molly B Cycle 8 - 9 a.m.	Zumba® Melissa Studio 2 9 - 10 a.m.
		Mobility, Balance, & Functional Exercise Molly S. Studio 1 10:15 - 11:15 a.m.		Deep Water (Shallow water options given) Sarah F Pool - deep 10:15 - 11 a.m.			
3—8 p.m.	Cycle Kristen Cycle 5 - 5:45 p.m.	Body Sculpt Molly B. Studio 1 5:30 - 6:30 p.m.	Cycle Paula Cycle 5 - 5:45 p.m.	Pilates Fusion Denise Studio 1 5 - 5:45 p.m.	Aqua Zumba Melissa Pool - shallow 5 - 5:45 p.m.		Super Strength Denise Studio 1 3:30 - 4:30 p.m.
	Water HIIT Paula Pool - shallow 5 - 5:45 p.m.	Zumba® Kelsey Studio 2 6 - 7 p.m.	Barbell Strength Carol Studio 1 5:30-6:30pm	Body Sculpt Denise Studio 1 6 - 7 p.m.	Boot Camp Carol Studio 2 5:30 - 6:30 p.m. (No class 11/8)		
	HIIT Carol Studio 2 5:30 - 6:30 p.m.		Yoga Kim Studio 2 5:30 - 6:30 p.m.	Zumba® Melissa Studio 2 6 - 7 p.m.			
	Body Sculpt Molly B Studio 1 6 - 6:45 p.m.		Boot Camp Paula Downstairs Multipurpose 6 - 6:45 p.m.				
	Boot Camp Paula East Gym 6 - 6:45 p.m.						
							

*All fitness classes at the SCC require reservations. Visit www.ShakopeeMN.gov/communitycenter to view most current schedule and to make reservations. Reservations for classes open 3 days before the start of class. 12-14 year olds may join class if accompanied by an adult.

**NO class Thursday, November 28: SCC closed for Thanksgiving

Active Older Adults Classes

Mobility, Balance, and Functional Exercise

This class is open to all and is designed to reduce stiffness, regain mobility, and improve balance and posture while strengthening muscles from head to toe. This class is especially beneficial for those with Parkinson's, MS, and those recovering from a stroke. All are welcome, including 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 does require a medical consent form signed by a licensed doctor.

Boomer Strength

Geared toward the older adult, you will feel the burn as you challenge your major muscle groups, building lean muscle mass and increasing muscular strength. A variety of resistance training equipment will be used, including dumbbells, kettlebells, resistance bands, body bars, and balls. This class uses basic moves with options for all fitness levels.

SilverSneakers® Classic

Designed to increase muscle strength, range of motion, 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.

SilverSneakers® Circuit

Combine fun, fitness, and music to increase your cardiovascular and muscular endurance. We will alternate periods of low impact cardiovascular work with periods of muscle conditioning and core exercises. Be ready to challenge yourself while having fun!

Aquatics Classes

Aqua Zumba

Make a splash by combining the natural resistance of the water and the high energy of Zumba to create a low-impact, high-intensity, and fabulously fun workout.

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. If you feel uneasy in deep water, you may also do the workout in shallow water as modifications will be given.

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 that is set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner as 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.

SHiNE Dance Fitness™

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet, and hip-hop, this workout gives you a creative outlet to escape from daily stress. Each class includes the perfect balance of high cardio and toning to ensure you receive a full-body workout with real results.

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.

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 be feeling stronger with the results you can see. **Class will be held outside, weather permitting

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.

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.

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

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 every major muscle group using a variety of resistance equipment (barbell, weights, bands, ball, kettlebell). This class uses basic moves with options for all fitness levels to build lean muscle mass and increase muscular endurance.

Muscle Circuit

Rotating through various exercise stations every 30-40 seconds targeting various muscle groups, you will challenge your muscular strength and endurance. Great class for all fitness levels as you will work within your ability level, listen to your body, and progress at your own pace.

Super Strength

Take your strengthening routine to the next level! Utilizing low reps and heavier weights, this class will help you to build muscle more quickly and efficiently.

Mind/Body Classes

Pilates

This Pilates class is a mat-based workout that will sculpt your muscles from head to toe and improve your flexibility while focusing on a killer-core workout!

Pilates Fusion

A well-rounded workout that will combine the core-strengthening and flexibility aspects of Pilates with other exercises, such as yoga, barre, or strength, to challenge both your body and your mind.

Strength & Stretch

A blend of Pilates, yoga, and barre that focuses on building strength, enhancing flexibility, and cultivating mindfulness. Class will target core, as well as lower and upper body strength utilizing mat-based Pilates, Yoga sequences, and Barre inspired exercises. Class will also include deep stretching and mobility drills creating a deeper mind/body connection. Participants should be comfortable moving from standing to the floor throughout class as this class incorporates both standing and mat-based movements.

Yoga

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.