

# Fall I 2019 Group Fitness Schedule

## September 3, 2019 – October 26, 2019 (8 weeks)



### WAUNAKEE VILLAGE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early am</b>	5:45 Group Cycling (50 min) - Joanne 6:00 Yoga (60 min) - Sarah	5:45 Cardio Challenge (50 Min) - Martha <del>6:40 Yoga (50 min) - Martha</del>	5:40 Cycle and Sculpt (50 min) - Sarah 5:45 Morning HIIT (30 min) - Tammy 6:30 Yoga (50 min) - Martha	<del>5:45 Cardio Challenge (50 Min) - Martha</del> 6:40 Yoga (50 min) - Martha	<del>5:45 Group Cycling (50 min) - Joanne</del> 6:00 Yoga (60 min) - Sarah	6:50 Warrior Bootcamp (50 Min) - Tammy
<b>8 am</b>	8:05 SHAPE (50 min) - Laurie 8:15 S. S. BOOM - Mind (40 min) - Sarah	8:00 Barre Fusion (50 Min) - Jamie <del>8:00 Qigong for Beginners (45 min) - Nate</del> 8:05 Pump608 (50 min) - Tammy	8:10 Group Cycling (50 min) - Annie 8:15 S. S. Yoga (45 min) - Brenda	8:00 Barre Fusion (50 Min) - Jamie 8:55 Continuing T'ai Chi Chih (60 min) - Denise	8:15 FIT Friday Interval Training (40 min) - Laurie	7:50 TRX (45 Min) - Sarah
<b>9 am</b>	9:00 S. S. Yoga (45 min) - Sarah 9:05 S. S. Circuit (60 min) - Laurie	9:00 Yoga (45 min) - Kim 9:00 Cardio Chisel (60 min) - Janice	9:05 Yoga Flow (60 min) - Brenda (class starts Sept. 11)	9:00 Cardio Chisel (60 min) - Janice	9:05 S. S. Yoga (45 min) - Sarah 9:05 S. S. Circuit (45 min) - Laurie	
<b>10 am</b>	10:15 S. S. Classic (45 min) - Maria		10:15 S. S. Classic (45 min) - Maria	10:15 S. S. BOOM - Muscle (45 min) - Laurie	10:15 S. S. Classic (45 min) - Maria	
<b>Early pm</b>	4:00 Zumba (50 min) - Jill 5:30 HIIT Boxing (40 min) - Tammy 5:35 Barre Fusion (45 Min) - Amanda	5:30 Transform (30 min) - Sarah 5:30 Step608 (40 Min) - Tammy	4:00 Tone Time (50 min) - Jill 5:45 Group Cycling (50 min) - Steph 5:45 PiYo (45 min) - Sarah	5:15 Barre 30 (30 Min) - Amanda 5:30 Pump608 (50 min) - Tammy 5:50 Barre Connect (45 min) - Amanda		<b>Sunday</b> 3:00 Barre Fusion (45 Min) - Belle
<b>6 pm</b>	6:30 SHAPE (50 min) - Martha 6:30 4-3-2-1 Interval Blast (30 Min) - Amanda	6:05 Yoga (60 min) - Sarah	6:00 Yoga Up (45 min) - Kristen 6:45 WERQ (50 min) - Nicole	6:45 Yoga (50 min) - Martha		
<b>7 pm</b>	7:30 Candlelight Yoga (45 min) - Martha	7:15 ABC - Arms, Butts & Core (35 min) - Lara		7:00 Zumba (50 min) - Mary 7:40 Hot Yoga (50 min) - Martha <del>7:40 Hot Yoga (50 min) - Martha</del>		

**Questions?**  
Give the Village Center a call at 850-5992.

*Please note class instructors may change without notice.*



# Class Descriptions

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## Cardio, Cycling and Strength Classes

**4-3-2-1...Interval Blast:** Countdown to a healthier you! This is an interval based training class that alternates high intensity exercise with periods of rest. This workout can be adjusted to fit any fitness level.

**ABC - Arms, Butts and Core:** ABC is a 30 minute class that incorporates weights, resistance bands and gliders to strengthen, tighten and tone your arms, butt and core.

**Barre 30:** This class is a fast paced 30 minute HIIT/Endurance Barre workout.

**Barre Connect:** Target your core areas through deep, mindful, low-impact muscle movements. We incorporate high repetition sets, isometric holds, pulses, and stretching - creating a multi-level workout. The last 15 minutes of class will include focused stretching and foam rolling. Bring your foam rollers!

**Barre Fusion:** Target your core areas through deep, mindful, low-impact muscle movements. We incorporate high repetition sets, isometric holds, pulses, and stretching.

**Cardio Chisel:** Join us for intervals of aerobic training followed by free weights & balls. You'll burn calories and add the muscle to create that sculpted look. No matter what your fitness level is today, we can help you take it to the next level!

**Cardio Challenge:** This class targets all muscle groups. A high energy, high intensity interval class divided between cardio, strength and core training. This workout is designed to promote strength, cardiovascular endurance and excess fat loss. All levels are welcome.

**Cycle and Sculpt:** This class is for all skill levels. With no choreography to learn, it is a class for everyone, that closely resembles a 30 minute ride on the road encountering the challenges of intervals, hills and jumps! The 30 minute cardio workout will be followed by 30 minutes of sculpting.

**FIT- Friday Interval Training:** Interval training is an excellent way to burn more calories, build endurance quickly and make workouts more interesting. Interval training involves alternating high intensity exercise with recovery periods. We combine both strength training and cardio, but you are in charge of how hard you work during the work sets. Interval training is a great way to change your routine, increase results, burn more calories, and have fun!

**Group Cycling:** This is a high-energy class. Its inspiring music and camaraderie offers an effective way to train the cardiovascular system. With no choreography to learn, it is a class for everyone, that closely resembles a ride on the road encountering the challenges of intervals, hills and jumps! Beginner and advanced cyclists can benefit in the same class.

**HIIT Boxing:** This 40 minute class encompasses the fun aspects of boxing with core strengthening exercises. Learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, while working at a calorie burning pace. Full-body boxing workouts will change your body, clears your mind and completely engages your spirit. Boxing gloves required.

**Morning HIIT:** Invigorating low impact total body work out. Emphasis is on cardio, core, balance, strength, using balls, bands, and weights and steps for most fitness levels, with intensity options being offered. Energize- give yourself a morning boost.

**PUMP608:** This class is a 50 min full body strength workout. We will focus on each major muscle group, taking that muscle to its limits while enjoying fun upbeat music. This class is for any fitness level. Weight training helps promote increase fat loss, increase inch loss, increase of bone density and all around fitness. With a changing format for each class you are bound to see a change in you.

**Qigong for Beginners** - This class will cover a brief overview of Qigong for beginners, and will focus on Shibashi. There are 18 moves in the Shibashi and over the duration of the class you will go through all 18. They are gentle movements focused on breathing technique and range of motion at a low intensity level with low impact on muscles and joints. Perfect for anyone, allowing you to slow down, let go of tension and relax.

**SHAPE:** Ready to change your body? Shape uses strength training to improve your muscle tone as quickly as possible. You'll have a tighter body, a faster metabolism, and less fat by the time you're done! Enjoy a truly body-changing workout every time.

**STEP608:** Basic stepping, just like walking up and down stairs, is at the heart of Step608. A full-body cardio workout to really tone your butt and thighs. In Step608 class you combine basic stepping with moves like burpees, push ups and weights exercises to work the upper body and abs. Super fun music, moves and burn those calories.

**Tone Time:** Tone Time: Rev up your body with a little T & T. This resistance training class will boost your muscular strength, endurance, core stability and balance. Participants will fire-up, tone and define their muscles while utilizing stability balls, hand weights, body bars, resistance bands and medicine balls. Participants can also incorporate the BOSU for an extra core challenge.

**Transform:** This class is a pre-designed high intensity 30 minute workout using the step. Wear good shoes and be ready to sweat!!!

**TRX:** Get a fast, effective, total body workout with TRX Suspension training. Using leveraged bodyweight safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility. all at the intensity you choose.

**Warrior Bootcamp:** This is a high-intensity class designed for both athletes and non-athletes looking to increase speed, coordination, balance, and strength. Workouts will be functional so as to incorporate the body as a whole. Classes are always changing to it challenging and fun. Wake up and work!

**WERQ:** WERQ is a fiercely fun dance fitness workout class that is based on pop, rock, and hip hop charting radio hits. The warm-up features preview moves of some of the routines in the class and the cool down is a classic cool down with some yoga-inspired poses. Each song has it's own pre-choreographed routine in which there are hundreds of routines that instructors have to choose from to teach, so it never gets old or boring. These routines are also very easy to follow, with the cueing method the instructors use.

**Zumba:** Catch Zumba Fever! Zumba puts some party in your workout, using a variety of high-energy movement styles and great, upbeat music! Zumba mixes high and low intensity moves for an interval-style, calorie-burning class that anyone can do.

## Mind & Body Classes

**Candlelight Yoga:** Escape at the end of your day and enjoy Candlelight Yoga. Classes incorporate stretching, gentle movement, and restorative poses with an emphasis on relaxing the entire body to release tension & enter into a state of tranquility. Let the candlelight create a calm and peaceful state of mind. All levels are welcome. No experience needed.

**Continuing T'ai Chi Chih:** Instructor permission is required to enroll in this class. This healing art consists of 19 simple, easy to learn movements that can be practiced at any age to reduce stress and promote serenity and balance. It is not a martial art, but a moving meditation for activating, balancing, and circulating your intrinsic energy. The series of movements are taught in a progression, building upon basic principles learned the previous week, thus regular attendance is strongly encouraged.

**PiYo:** PiYo is a low-impact, high-intensity body-transformation program. It uses the most effective pilates and yoga inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles. You'll carve every inch of your body without jumps, without weights, and without straining your joints. And rest assured, there's no complex choreography to learn.

**Yoga:** Yoga can be a great workout, or a great way to relax. This class will utilize gentle stretching, strength building postures, and breathing techniques to help participants increase flexibility, improve posture, build lean muscles and experience relaxation.

**Yoga Flow:** Yoga Flow is an energizing practice; linking body and breath as you move from pose to pose. Welcome to all levels as you learn to listen to your body and mind making the practice your own. Each class will end with deep stretches and relaxation.



**Please Note: All adult Yoga and Pilates classes require you to bring your own mat. Pilates mats should be at least 1/2 inch thick to prevent injury. Any type of yoga mat will work. Thanks!**

## Silver Sneakers Classes (ages 55+)

Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. The Village Center offers the S.S. Classic, S.S. Circuit, S.S. Boom and S.S. Yoga classes. Detailed information on this program including current class schedules and descriptions are available at the Village Center welcome desk.



## Class Fees - 8 week session

Express classes are \$36.00 for residents and \$46.00 for non-residents

*\*\*Express classes are any classes that are 30 minutes or less in length.\*\**

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Cardio, Sculpt, Yoga, Strength, Group Cycling, and Zumba classes are  
\$44.00 for residents and \$54.00 for non-residents

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Silver Sneakers Classic, Cardio, Boom and Yoga are \$42.00 for residents and  
\$52.00 for non-residents for 10 class punch card.

*\*\*Silver Sneaker punch cards expire 3 months from purchase date.\*\**

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### Fitness Bonus Bucks

Sign up for 3 or more group exercise classes in this session and get a \$15 credit towards next session.

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## Registration begins Sunday, August 11, 2019

(7:00 a.m. online and 9:00 a.m. in person at the Village Center)

- ✓ CALL the Welcome Desk at 850-5992
- ✓ go ONLINE at <https://apm.activecommunities.com/waunakee> (convenience fees apply)
- ✓ STOP IN and sign-up at the welcome desk

## Group Fitness Policies

### **Weather Policy**

In the event that Waunakee Schools are closed due to bad weather or start late, all morning fitness classes will be cancelled. Afternoon classes will be decided on by 3:00 pm.

### **MATS**

All Yoga and Pilates classes recommend that participants bring their own mat. For Pilates classes a mat which is at least 1/2" thick is required to prevent injury.

### **Make-Up Classes**

Missed classes may be made-up by attending a similar class. Classes must be made-up before the end of the current session, and in the event of a full class a make-up may not be possible. Anyone wishing to make-up a class must stop at the Welcome Desk and sign in to get a "Make-Up" pass prior to attending the class.

### **Drop-In Policy**

Anyone can drop into a class if there are openings for \$8.00 for Waunakee Residents and \$10.00 for non-residents. Drop ins are intended to be used if participants would like to try out a new/different class and are based on availability.

### **Cancellation Policy**

Once a class has started there will be no refunds issued without a written medical excuse.