

Summer 2019 Group Fitness Schedule

June 9, 2019 – August 17, 2019 (10 weeks)



WAUNAKEE VILLAGE CENTER

	Monday	Tuesday	Wednesday	Thursday (no classes July 4th)	Friday	Saturday
Early am	5:45 Group Cycling (50 min) - Joanne 6:00 Yoga (60 min) - Sarah	5:45 Cardio Challenge (50 Min) - Martha 5:45 Qigong for Beginners (45 min) - Nate <i>(class starts June 18th)</i> 6:40 Yoga (50 min) - Martha	5:40 Group Cycling and Sculpt (50 min) - Sarah 5:45 Morning HIIT (30 min) - Tammy 6:30 Yoga (50 min) - Martha	5:45 Cardio Challenge (50 Min) - Martha 5:45 Qigong for Beginners (45 min) - Nate <i>(class starts June 20th)</i> 6:00 TRX (45 Min) - Sarah <i>(class starts July 11th)</i> 6:40 Yoga (50 min) - Martha	5:45 Group Cycling (50 min) - Joanne 6:00 Yoga (60 min) - Sarah	6:50 Warrior Bootcamp (50 Min) - Tammy <i>(No class July 27)</i>
8 am	8:05 SHAPE (50 min) - Laurie <i>(No class June 24)</i> 8:15 S. S. BOOM - Mind (40 min) - Sarah	8:00 Pump (50 min) - Tammy	8:15 S. S. Yoga (45 min) - Brenda	8:00 Barre (45 Min) - Jamie <i>(no class on July 11th)</i> 9:00 Cancelled (60 min) - Amanda	8:15 PiYo (45 min) - Sarah <i>(class starts July 26)</i> 8:15 FIT Friday Interval Training (40 min) - Laurie <i>(No class June 28)</i>	8:05 Endurance Yoga Cancelled (45 min) - Nate
9 am	9:00 S. S. Yoga (45 min) - Sarah 9:05 S. S. Circuit (60 min) - Laurie		9:05 Yoga Flow (60 min) - Brenda	10:15 S. S. BOOM - Muscle (45 min) - Laurie	9:05 S. S. Yoga (45 min) - Sarah 9:05 S. S. Circuit (45 min) - Laurie	
10 am	10:15 S. S. Classic (45 min) - Maria		10:15 S. S. Classic (45 min) - Maria		10:15 S. S. Classic (45 min) - Maria	
Early pm	5:30 Cancelled Group Cycling (50 min) - Anne 5:35 Barre Fusion (45 Min) - Amanda <i>(class starts June 24)</i>	5:30 Butts and Guts (30 min) - Sarah 5:30 Athletic Step (45 Min) - Tammy	5:30 Group Cycling (50 min) - Stephanie 5:45 Cancelled (45 min) - Sarah <i>(class starts July 3rd)</i>	5:15 Barre 30 (30 Min) - Amanda <i>(class starts June 20)</i> 5:30 Pump (50 min) - Tammy 5:50 Barre Connect (40 Min) - Amanda <i>(class starts June 20)</i>		
6 pm	6:30 SHAPE (50 min) - Martha 6:30 4-3-2-1 Interval Blast (30 Min) - Amanda <i>(class starts June 24)</i>	6:05 Yoga (60 min) - Sarah	6:45 WERQ (50 min) - Nicole	6:45 Yoga (50 min) - Martha	<p>Questions? Give the Village Center a call at 850-5992.</p> <p><i>Please note class instructors may change without notice.</i></p> 	
7 pm	7:30 Candlelight Yoga (45 min) - Martha		7:15 Yoga Up (45 min) - Kristen	7:00 Zumba (50 min) - Mary 7:40 Hot Yoga (50 min) - Martha		

Class Descriptions

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.

Barre: The classes will improve your balance, build strength, make you more flexible, burn calories, and improve stability through a stronger core. The emphasis will be on proper alignment and balance as you target specific muscle groups.

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.

Butts and Guts: If your "favorite" spots need a little lift than this class is for you! Tons of different exercises will whip your bottom line into shape while getting you one step closer to the abs you've always wanted. Join us for a quick, effective workout!

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.

Endurance Yoga HIIT: This fantastic new class is designed for anyone looking to improve overall physical and/or mental health. We will combine strength training, mindfulness and cardio training to give you an all around great workout.

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.

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.

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.

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 its 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.

Yoga/Pilates 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.

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.

Yoga Up: Yoga up, a yoga and strength training combination class created by Dragonfly Hot Yoga provides a full body workout for all levels. The class includes Sun Salutations, cardio training, yoga poses with and without weights, core work and stretches. Come ready to be challenged and energized!



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.

Workshops on Wellness (WOW)

The Waunakee Village Center and the Waunakee Lions Club are pleased to offer Workshops on Wellness. The WOW program consists of monthly presentations to help improve healthy living. The presentations will be based on a wide variety of topics and each presenter will share information and answer your questions. The WOW program will be offered at 7pm on the 2nd Thursday of every month at the Village Center. This is a free program. Check the fitness center bulletin board for upcoming programs.



Class Fees - 10 week session

Express classes are \$45.00 for residents and \$55.00 for non-residents

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

Cardio, Sculpt, Yoga, Strength, Group Cycling, and Zumba classes are
\$55.00 for residents and \$65.00 for non-residents

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.

Fitness Bonus Bucks

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

Registration begins Sunday, May 19, 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. Classes must have a minimum of 5 participants enrolled to run for the session.