

# Spring 2019 Group Fitness Schedule

March 24, 2019 – June 1, 2019 (10 weeks)



## WAUNAKEE VILLAGE CENTER

	Monday (no classes May 27th)	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Early am</b>	5:45 Group Cycling (50 min) - Joanne <hr/> 6:00 Yoga (60 min) - Sarah	5:45 Cardio Challenge (50 Min) - Martha <hr/> 6:40 Yoga (60 min) - Martha	5:40 Group Cycling and Sculpt (50 min) - Sarah <hr/> 5:45 Morning HIIT (30 min) - Tammy <hr/> 6:30 Yoga (50 min) - Martha	5:45 Cardio Challenge (50 Min) - Martha <hr/> 6:40 Yoga (60 min) - Martha	5:45 Group Cycling (50 min) - Joanne (no class May 24th) <hr/> 6:00 Yoga (60 min) - Sarah	6:50 Warrior Bootcamp (50 Min) - Tammy (no class on June 1)
<b>8 am</b>	8:05 SHAPE (50 min) - Laurie <hr/> 8:20 S. S. BOOM - Mind (40 min) - Sarah	8:00 Barre (50 Min) - Jamie <hr/> 8:05 Power Pump (50 min) - Tammy (no class April 2nd)	8:10 Group Cycling (50 min) - Annie <hr/> 8:15 S. S. Yoga (45 min) - Brenda <hr/> 8:25 SHAPE Express (30 min) - Laurie (5 week class)	8:00 Barre (45 Min) - Jamie <hr/> 8:30 Cardio Chisel (60 min) - Janice (no class March 28th)	8:05 Cycle, Sculpt & Stretch (60 min) - Sarah <hr/> 8:15 FIT Friday Interval Training (40 min) - Laurie	8:00 TRX (45 Min) - Sarah (class starts April 20th) <hr/> 8:05 Endurance Yoga HIIT (45 min) - Nate
<b>9 am</b>	9:05 S. S. Yoga (45 min) - Sarah <hr/> 9:05 S. S. Circuit (60 min) - Laurie	9:00 Cardio Chisel (60 min) - Janice (no class April 2nd)	9:05 Yoga Flow (60 min) - Brenda <hr/> 9:05 S. S. Circuit (60 min) - Laurie	8:55 Continuing T'ai Chi Chih (60 min) - Denise	9:05 S. S. Yoga (45 min) - Sarah <hr/> 9:05 S. S. BOOM - Muscle (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. Classic (45 min) - Maria	
<b>Early pm</b>	5:30 Group Cycling (50 min) - Anne <hr/> 5:35 Barre Fusion (45 Min) - Amanda <hr/> 5:35 TRX Bootcamp (40 Min) - Tammy (no class April 1st or May 20th)	5:30 Butts and Guts (30 min) - Sarah	5:30 Group Cycling (50 min) - Anne <hr/> 5:30 PUMP Express (30 min) - Holly <hr/> 5:45 PiYo (45 min) - Sarah	4:00 Zumba (50 Min) - Jill <hr/> 5:15 Barre 30 (30 Min) - Amanda <hr/> 5:35 Power Pump (50 min) - Tammy (no class April 4, 18 & May 23) <hr/> 5:50 Barre Connect (50 Min) - Amanda		<b>Sunday</b>  3:00 Barre (45 Min) - Belle
<b>6 pm</b>	6:30 SHAPE (50 min) - Martha <hr/> 6:30 4-3-2-1 Interval Blast (30 Min) - Amanda (no class April 1st)	6:05 Yoga (60 min) - Sarah	6:45 WERQ (50 min) - Nicole	6:45 Yoga (50 min) - Martha	<p><b>Questions?</b> Give the Village Center a call at 850-5992.</p> <p><i>Please note class instructors may change without notice.</i></p> 	
<b>7 pm</b>	7:30 Candlelight Yoga (45 min) - Martha	7:15 ABC - Arms, Butts & Core (35 min) - Lara (no class May 21st)		7:00 Zumba (50 min) - Mary		

# 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:** 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 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,Sculpt and Stretch:** 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 Yoga.

**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.

**Power Pump:** Power Pump is a workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, Power Pump gives you a total body workout. I will coach you through the scientifically proven moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated.

**PUMP:** Pump will take your body to the next level. Choreography is set to each muscle group to push that muscle to its limits. Creating definition, tone and body fat loss is the goal in this class. Muscle burns calories. You will get the full experience of true body pump.

**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.

**T'ai Chi Chih:** 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.

**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.

**TRX Bootcamp:** This class is a unique combination of strength, cardio and core. Pulling in all the challenges of TRX and then mixing in the fun cardio elements of a Bootcamp! Using TRX, weights, medballs this 40 min class will burn close to 500 calories and build muscle to keep the burn going. Try this new village class.

**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.

## 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.

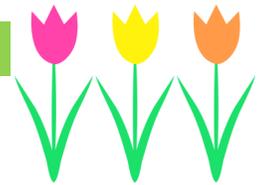
**Yoga Flow:** Yoga Flow is an energizing practice; linking body and breath as you move from pose to pose. Welcome to all levels as you learn to listen to your body and mind making the practice your own. Each class will end with deep stretches and relaxation.



**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 - 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.\*\**

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Cardio, Sculpt, Yoga, Strength, Group Cycling, and Zumba classes are \$55.00 for residents and \$65.00 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, March 3, 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.