



## GROUP FITNESS SCHEDULE OCTOBER 11-NOVEMBER 6

- Classes take place in the **WAREHOUSE (W)**, **PRAIRIE CENTER (PC)**, **POOL (P)** or **UPSTAIRS (U)**
- Reservations recommended
- Review instructions before making a reservation, Please call 763-295-2954 if you need to cancel
- Check-in at Guest Service staff before class
- More details and class descriptions on the follow pages
  
- Supervised Play: a place to bring your kids while you work-out
- Monday through Friday—8:30 a.m.-11:30 a.m.
- Monday, Wednesday, Thursday —4:00-7:00 p.m.

MONDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN <b>(W)</b>	45	Tiffany
8:30 a.m.	BARBELL STRENGTH <b>(W)</b>	50	Rachel
9:30 a.m.	HIIT CYCLE <b>(W)</b>	55	Rachel
11:00 a.m.	VIRTUAL CHAIR YOGA <b>(W)</b>	60	Joy
5:30 p.m.	BODY BLAST STRENGTH <b>(W)</b> <b>NO CLASS 10/18</b>	60	Kelsey

TUESDAY			
Time	Class	Minutes	Instructor
6:00 a.m.	SPIN & SCULPT <b>(W)</b>	45	Tiffany
6:30 a.m.	BARRE CONNECT <b>(PC)</b>	60	Rachel
9:00 a.m.	BODY BLAST <b>(W)</b>	60	Kelsey
12:00 p.m.	WEIGHT TRAINING <b>(Upstairs)</b> <b>NO CLASS 10/26</b>	50	Angela
5:45 p.m.	STRENGTH TRAINING <b>(W)</b> <b>NO CLASS 10/26</b>	60	Angela

WEDNESDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN <b>(W)</b>	45	Kelsey
6:30 a.m.	BARBELL STRENGTH <b>(W)</b>	50	Rachel
9:30 a.m.	WATER AEROBICS <b>(P)</b>	60	Jackie
4:00 p.m.	CHAIR YOGA <b>(PC)</b>	60	Joy
5:30 p.m.	POWER VINYASA YOGA <b>(PC)</b>	50	Joy
5:45 p.m.	BODY BLAST <b>(W)</b>	60	Tiffany
6:30 p.m.	YIN YOGA <b>(PC)</b>	60	Joy

THURSDAY			
Time	Class	Minutes	Instructor
6:00 a.m.	STRENGTH & CORE <b>(W)</b>	45	Tiffany
8:30 a.m.	BARRE CONNECT <b>(PC)</b>	60	Rachel

FRIDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN <b>(W)</b>	45	Tiffany
6:30 a.m.	BARBELL STRENGTH <b>(W)</b>	50	Rachel
7:30 a.m.	HIIT CYCLE <b>(W)</b>	60	Rachel
9:30 a.m.	WATER AEROBICS <b>(P)</b>	60	Jackie
11:00 a.m.	VIRTUAL CHAIR YOGA <b>(W)</b>	60	Joy

SATURDAY			
Time	Class	Minutes	Instructor
7:00 a.m.	BARRE CONNECT <b>(PC)</b>	60	Rachel

# CLASS DESCRIPTIONS

## **H.I.I.T. CYCLE (SPIN STRENGTH)**

High Intensity Interval Training is a strategy alternating periods of short intense anaerobic exercise followed by less intense recovery periods. By combining a variety of different exercises using weights for upper body strength, this class tones your arm, abs, butt, hips and thighs. Great for those who need to maximize workout time. Modifications and progressions given.

## **BARBELL STRENGTH**

Work all major muscle groups in just 55-60 minutes! Get lifting and you'll tone and shape your entire body without adding bulky muscles. This full body workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

## **STRENGTH TRAINING**

Strength Training is a full body workout using a combination of bodyweight exercises, kettlebells, dumbbells, and more! These full body workouts focus on the upper body, lower body, and core. Challenge your body and improve your strength in this class. All fitness levels are welcomed.

## **BARRE CONNECT**

Barre Connect is a Cross-Training conditioning workout, Ballet and Pilates based format (no impact) designed to increase lean muscle tone while improving cardiovascular endurance. Using 4 segments of work, classes will focus on posture, balance, stability and core strength while using balls, bands and weights!

## **SPIN & SCULPT**

Get ready to sweat in this 45 minute class!! This stationary bike class will burn calories without impact to your joints, it's all muscle and cardio conditioning! Bring a personal towel and a water bottle.

## **BODY BLAST / STRENGTH & CORE**

Body blast incorporates both cardio and toning exercises into a complete workout. This class incorporates interval-focused exercises that provide variety. Strength building provides maximum results!

## **WEIGHT TRAINING**

Weight training is a program for building strong bodies and strong social bonds within our MCC fitness community. Weight Training is a specific type of strength training that uses weights (dumbbells, kettlebells, cables, barbells, etc.) to achieve its goal. It will incorporate traditional weight-room exercises. This group training class is geared towards women. Every session focuses on building connections and finding strength. All fitness levels are welcomed.

## **POWER VINYASA YOGA**

Yoga poses and breathing at a slower, gentler pace. This class will combine physical movements with breath to increase strength and flexibility, balance, reduce stress, and enhance focus. Vinyasa flows at a faster pace.

## **YIN YOGA**

Yin yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. This deep stretching which will release tension on your muscles, ligaments and joints.

## **WATER AEROBICS**

A fun, shallow-water exercise class that uses a signature **splash**-board to increase movement and intensity options. **Splash** is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

# VIRTUAL CLASSES

Participants can follow along with a pre-recorded class on the projector screen in the Warehouse.

## **VIRTUAL CHAIR YOGA**

Gentle yoga 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, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction. Classes are pre-recorded with Joy as the instructor.

## **LES MILLS ON DEMAND™**

Select from a variety of Les Mills classes including, Body Pump, Body Combat, Sprint, and more, on demand. Just check the class schedule to ask the staff to help you get started.

**PLEASE REVIEW PARTICIPANT INFORMATION ON THE FOLLOWING PAGE**

## Group Fitness Class Participant Information

### General Class Information

- Reservations are recommended at least 12 hours in advance but no more than 7 days in advance. Please commit to your reservation. We understand that life happens, so if you need to cancel, please cancel at least 24 hours before your reservation to allow an open spot for someone else.
- 2 or more uncanceled absences will result in membership being inactivated.
- Classes will take place in the Warehouse, Gymnasium, Mississippi Room, Pool, Prairie Center or outdoors.
- Class minimums & maximums vary depending on the format.
- Class may be canceled by MCC if less than 5 participants are enrolled.
- Supervised Play is available during scheduled times for participants needing a place for their kids.
- Do not come to class if you are not feeling well or are experiencing any symptoms that may be related to COVID-19:
  - ◇ Fever or feeling feverish
  - ◇ Chills
  - ◇ A new cough
  - ◇ Shortness of breath
  - ◇ A new sore throat
  - ◇ New muscle aches
  - ◇ New headache
  - ◇ New loss of smell or taste
- Contact us if you are not able to cancel online at 763-295-2954.

### Participating in a Class

- Check-in at Guest Services then proceed directly to the class location.
- Check-in with the instructor, your name will be on the roster.
- Bring your own water bottle. In addition, please bring your own mat, towel or blanket for floor exercises.
- Sanitize hands before touching equipment.
- Bring equipment to your spot as indicated by the instructor.
- After class, participants will spray down and wipe equipment and floor with paper towels provided.
- Participants will move equipment back to the storage areas.
- Sanitize and wash hands after equipment is put away.