



# GROUP FITNESS SCHEDULE JANUARY 2-FEBRUARY 4

- Classes take place in the **WAREHOUSE (W)**, **PRAIRIE CENTER (PC)** OR **POOL (P)**
- Classes are free for MCC members. Reservations strongly recommended.
- View class updates and make reservations on [www.monticellocommunitycenter.com](http://www.monticellocommunitycenter.com)
- Review instructions before making a reservation, Please call 763-295-2954 if you need to cancel.
- Check-in at Guest Service staff before class.
- Class descriptions on the following pages.
- Non-members welcome, \$13/per class.

Supervised Play: a place to bring your kids while you work-out:

- Monday through Saturday—8:30 a.m.-11:30 a.m.
- Monday through Thursday —4:30-7:30 p.m.

| <b>** SPECIAL HOLIDAY CLASSES **</b> |   |    |        |
|--------------------------------------|---|----|--------|
| DEC. 31<br>8:15 a.m.                 | BARRE CONNECT<br>Get a jump start on your new year's fitness goals! <b>(PC)</b> | 60 | Rachel |
| JAN. 1<br>9:00 a.m.                  | SPIN & SCULPT<br>90 minute class to start your New Year off right! <b>(W)</b>   | 90 | Kelsey |

| <b>MONDAY</b> |                                |         |            |
|---------------|--------------------------------|---------|------------|
| Time          | Class                          | Minutes | Instructor |
| 5:15 a.m.     | SPIN & SCULPT <b>(W)</b>       | 45      | Kelsey     |
| 6:15 a.m.     | BARBELL STRENGTH <b>(W)</b>    | 50      | Rachel     |
| 7:15 a.m.     | HIIT SPIN <b>(W)</b>           | 50      | Rachel     |
| 11:00 a.m.    | VIRTUAL CHAIR YOGA <b>(W)</b>  | 60      | Joy        |
| 5:30 p.m.     | BODY BLAST STRENGTH <b>(W)</b> | 60      | Kelsey     |

| <b>TUESDAY</b> |                           |         |            |
|----------------|---------------------------|---------|------------|
| Time           | Class                     | Minutes | Instructor |
| 5:45 a.m.      | BARRE CONNECT <b>(PC)</b> | 60      | Rachel     |
| 9:00 a.m.      | BODY BLAST <b>(W)</b>     | 60      | Kelsey     |
| 10:15 a.m.     | LINE DANCING <b>(W)</b>   | 75      | Amber      |
| 5:30 p.m.      | YIN YOGA <b>(PC)</b>      | 75      | Joy        |

| <b>WEDNESDAY</b> |                             |         |            |
|------------------|-----------------------------|---------|------------|
| Time             | Class                       | Minutes | Instructor |
| 5:15 a.m.        | SPIN <b>(W)</b>             | 45      | Kelsey     |
| 6:15 a.m.        | BARBELL STRENGTH <b>(W)</b> | 50      | Rachel     |
| 7:15 a.m.        | HIIT SPIN <b>(W)</b>        | 50      | Rachel     |
| 8:00 a.m.        | WATER AEROBICS <b>(P)</b>   | 60      | Donna      |
| 10:30 a.m.       | SENIOR FITNESS <b>(W)</b>   | 60      | Donna      |
| 6:00 p.m.        | BURN BOOT CAMP <b>(W)</b>   | 60      | Jill       |

| <b>THURSDAY</b> |                           |         |            |
|-----------------|---------------------------|---------|------------|
| Time            | Class                     | Minutes | Instructor |
| 5:45 a.m.       | BARRE CONNECT <b>(PC)</b> | 60      | Rachel     |
| 6:30 p.m.       | ZUMBA!® <b>(W)</b>        | 45      | Kara       |

| <b>FRIDAY</b> |                               |         |            |
|---------------|-------------------------------|---------|------------|
| Time          | Class                         | Minutes | Instructor |
| 5:15 a.m.     | HIIT SPIN <b>(W)</b>          | 50      | Rachel     |
| 6:15 a.m.     | BARBELL STRENGTH <b>(W)</b>   | 50      | Rachel     |
| 11:00 a.m.    | VIRTUAL CHAIR YOGA <b>(W)</b> | 60      | Joy        |

| <b>SATURDAY</b> |                           |         |            |
|-----------------|---------------------------|---------|------------|
| Time            | Class                     | Minutes | Instructor |
| 8:15 a.m.       | BARRE CONNECT <b>(PC)</b> | 60      | Rachel     |

# CLASS DESCRIPTIONS

## **ZUMBA!®**

In November and December we'll be showcasing Zumba!® with a new instructor! Zumba® is combination of dance and fitness moves done to a background of exhilarating, international rhythms.

## **H.I.I.T. SPIN / SPIN**

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.

## **BURN BOOT CAMP**

This class is designed to help burn calories while building strength and endurance. This athletic-based sculpting class tones the upper and lower body by using kettlebells, dumbbells, barbells, resistance bands and more. This class includes circuit training, conditioning, strength training and finishes with core training. All levels are welcomed.

## **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 & CORE**

Strength 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.

## **TOTAL BODY STRENGTH & CONDITIONING**

This class is designed to help burn calories while building strength and endurance. This athletic-based sculpting class tones the upper and lower body by using kettlebells, dumbbells, barbells, resistance bands and more. This class includes circuit training, conditioning, strength training and finishes with core training. All 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 is a circuit style class with a variety of movements. Strength building provides maximum results!

## **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 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.

## **SENIOR FITNESS**

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility, helping you stay healthy and independent; go at your own pace.

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

## **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:
- 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.