



# GROUP FITNESS SCHEDULE

## APRIL 12-24

- Classes take place in the **WAREHOUSE (W)**, **PRAIRIE CENTER (PC)** or **POOL (P)**
- Reservations required, 1 class per person per day
- Review instructions before making a reservation, Please call 763-295-2954 if you need to cancel
- Face masks are required to be worn at all times (except when in the pool)
- Keep a distance of 6 feet from others
- More details and class descriptions on the follow page

MONDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	HIIT CYCLE <b>(W)</b>	55	Rachel
6:30 a.m.	BARBELL STRENGTH <b>(W)</b>	50	Rachel
7:30 a.m.	HIIT CYCLE <b>(W)</b>	60	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

TUESDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	BARRE CONNECT <b>(PC)</b>	55	Rachel
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

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
7:15 a.m.	SILVER SNEAKERS SPLASH <b>(P)</b>	60	Donna
7:30 a.m.	HIIT CYCLE <b>(W)</b>	60	Rachel

THURSDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	BARRE CONNECT <b>(PC)</b>	55	Rachel
6:00 a.m.	STRENGTH & CORE <b>(W)</b>	45	Tiffany
6:30 a.m.	BARRE CONNECT <b>(PC)</b>	60	Rachel
11:00 a.m.	VIRTUAL CHAIR YOGA <b>(W)</b>	60	Joy
5:30 p.m.	VINYASA YOGA <b>(PC)</b>	50	Joy
6:30 p.m.	YIN YOGA <b>(PC)</b>	60	Joy

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

SATURDAY			
Time	Class	Minutes	Instructor
8:00 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 with Barbell Strength and you'll tone and shape your entire body without adding bulky muscles. This full body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

### **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 / 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!

### **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.

### **YOGA SCULPT**

Yoga Sculpt is a class that uses hand weights and high intensity cardio bursts to build lean muscle mass, burn maximum calories and boost metabolism. You will move through a yoga inspired sequence incorporating free weights, strength-training moves such as squats, lunges, bicep curls, push-ups and core targeted exercises. You will get your heart pumping and blood flowing! Yoga Sculpt is an upbeat, music driven class that is super fun and full of energy! While it is a challenging workout, it's not impossible. You will leave class with an incredible feeling of accomplishment!

### **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.

### **SILVER SNEAKERS SPLASH**

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. Please make a reservation, check-in at Guest Services and a staff person will help you get started.

### **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 make your reservation for the Warehouse and ask the staff to help you get started.

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

## Group Fitness Class Participant Information

### General Class Information

- All class spots require a reservation at least 12 hours in advance but no more than 72 hours 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.
- Child Care is currently not available.
- 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
- If it's within 48 hours of class please call to cancel so participants on the wait list can be notified.
- Contact us if you are not able to cancel online at 763-295-2954.

### Participating in a Class

- Check-in with the front desk then proceed directly to the class location.
- Check-in with the instructor, your name will be on the roster.
- Position yourself at least 6 feet away from other participants.
- Masks are required in the facility at all times and during exercise.
- Be dressed and ready for your workout.
- 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.
- Instructor will take class attendance, please provide your name to 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 hands after equipment is put away.