



## GROUP FITNESS SCHEDULE: JANUARY 4—16

- ALL classes take place in the **GYMNASIUM (G)** , **MISSISSIPPI ROOM (M)** or **WAREHOUSE (W)**
- Reservations required, 1 class per person per day
- Please call 763-295-2954 if you need to cancel your reservation so participants on the waitlist can be notified
- Review instructions before making a reservation, reservations can be made 72 - 12 hours prior to class start
- Face masks are required to be worn at all times
- Keep a distance of 12 feet from others

MONDAY			
Time	Class	Minutes	Instructor
5:30 a.m.	LES MILLS SPRINT™ (W)	30	VIRTUAL
6:30 a.m.	HIIT CYCLE (G)	50	Rachel
7:30 a.m.	BARBELL STRENGTH (G)	60	Rachel
11:00 a.m.	SILVER SNEAKERS CLASSIC (M)	60	Joy

TUESDAY			
Time	Class	Minutes	Instructor
5:30 a.m.	LES MILLS SPRINT™ (W)	30	VIRTUAL
6:30 a.m.	BARRE CONNECT (M)	60	Rachel
6:30 a.m.	LES MILLS RPM™ (W)	30	VIRTUAL

WEDNESDAY			
Time	Class	Minutes	Instructor
5:30 a.m.	LES MILLS SPRINT™ (W)	30	VIRTUAL
6:30 a.m.	HIIT CYCLE (G)	50	Rachel
7:30 a.m.	BARBELL STRENGTH (G)	60	Rachel

THURSDAY			
Time	Class	Minutes	Instructor
5:30 a.m.	LES MILLS® SPRINT (W)	30	VIRTUAL
6:30 a.m.	BARRE CONNECT(M)	60	Rachel
6:30 a.m.	LES MILLS RPM™ (W)	30	VIRTUAL
11:00 a.m.	CHAIR YOGA (M)	60	Joy
5:30 p.m.	VINYASA YOGA (M)	60	Joy

FRIDAY			
Time	Class	Minutes	Instructor
5:30 a.m.	LES MILLS SPRINT™ (W)	30	VIRTUAL
6:30 a.m.	BARBELL STRENGTH (G)	50	Rachel
6:30 a.m.	LES MILLS RPM™ (W)	30	VIRTUAL
7:30 a.m.	HIIT CYCLE (G)	60	Rachel

SATURDAY			
Time	Class	Minutes	Instructor
8:00 a.m.	BARRE CONNECT(M)	60	Rachel

**PLEASE REVIEW CLASS DESCRIPTIONS AND PARTICIPANT INFORMATION ON THE FOLLOWING PAGES**

## CLASS DESCRIPTIONS

### **H.I.I.T. CYCLE**

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!

### **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.

### **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.

### **SILVER SNEAKERS CLASSIC**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support.

## \*NEW\* VIRTUAL CLASSES

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

Check-in at Guest Services and head directly to the Warehouse to get your equipment ready prior to the start time.

### **LES MILLS RPM™**

RPM™ is an indoor cycling class, set to the rhythm of motivating music. It blasts calories and builds aerobic fitness fast.

### **LES MILLS SPRINT™**

LES MILLS SPRINT is a workout of high intensity, designed using an indoor bike to achieve fast results.

**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 or outdoors.
- Classes will require a minimum of 5 participants. Class maximums vary depending on the format.
- VIRTUAL classes take place in the Warehouse and have a class maximum of 4.
- 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. 763-295-2954 or [programs@ci.monticello.mn.us](mailto:programs@ci.monticello.mn.us)

### 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.
- Spots will be designated with at least 12 feet between 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 desired spot as indicated by the instructor.
- Instructor will take class attendance, please provide your name to the instructor.
- No fans of any kind or size will be allowed.
- 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.