



GROUP FITNESS SCHEDULE: SEPTEMBER 28—OCTOBER 10

- ALL classes take place in the **WAREHOUSE (WH)**, **GYMNASIUM (G)** or **MISSISSIPPI ROOM (M)**
- Reservation only
- Review instructions before making a reservation
- Reservations can be made 72 - 12 hours prior to class start

MONDAY			
Time	Class	Minutes	Instructor
5:05 a.m.	SPIN— G	45	Kelsey
6:00 a.m.	ABS & ARMS EXPRESS— WH	30	Tiffany
8:00 a.m.	HIIT CYCLE— G	60	Rachel
9:15 a.m.	BARBELL STRENGTH— WH	60	Rachel
6:00 p.m.	BOOT CAMP—STRENGTH— G	60	Kelsey

TUESDAY			
Time	Class	Minutes	Instructor
7:00 a.m.	BARRE CONNECT— WH	60	Rachel
11:00 a.m.	SILVER SNEAKERS CLASSIC— WH	60	Joy
5:30 p.m.	VINYASA YOGA— WH (no class 9/29)	60	Joy

WEDNESDAY			
Time	Class	Minutes	Instructor
5:05 a.m.	SPIN— G	45	Kelsey
8:00 a.m.	HIIT CYCLE— G	60	Rachel
9:15 a.m.	BARBELL STRENGTH— WH	60	Rachel
6:00 p.m.	H.I.I.T.— G (no class 9/30)	60	Kelsey

THURSDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN & SCULPT— G	45	Tiffany
7:00 a.m.	BARRE CONNECT— WH	60	Rachel
11:00 a.m.	CHAIR YOGA— M	60	Joy
5:30 p.m.	THE WORKOUT (no class 10/1)	60	Mo
5:30 p.m.	VINYASA YOGA— WH (no class 10/8)	60	Joy

FRIDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN— G	45	Tiffany
7:00 a.m.	BARBELL STRENGTH— WH	60	Rachel
11:00 a.m.	SILVER SNEAKERS CIRCUIT— WH	60	Joy

SATURDAY			
Time	Class	Minutes	Instructor
8:00 a.m.	BARRE CONNECT— WH	60	Rachel

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

CLASS DESCRIPTIONS

SPIN / SPIN & STRENGTH

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.

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 and equipment, this class tones your abs, butt, hips and thighs. Great for those who need to maximize workout time. Modifications and progressions given.

THE WORKOUT

Cross fit style workouts to challenge your every move. This class will push you to your limits every time, and keep you guessing when you walk in the door. The workout changes with each class to shock your body and keep your muscles confused and growing.

BOOT CAMP—STRENGTH

Burn fat and build muscle with this full-body conditioning work-out.

ABS & ARMS EXPRESS

Strength training focusing on abs & arms. A quick 30 minute strength session!

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.

SILVER SNEAKERS CIRCUIT

Higher Intensity, High Energy cardio and toning. Get ready to find the balance between strength, cardio, and flexibility. These workouts will have you working all muscle groups. Every week is different. This class is high energy and FUN!

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

Phase 2: 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 or outdoors.
- Classes will require a minimum of 5 participants. Class 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
- Contact us if you are not able to cancel online. 763-295-2954 or programs@ci.monticello.mn.us

Participating in a Class

- Enter through any door and go directly to the class location.
- Check-in with the instructor, your name will be on the roster.
- Spots will be designated with at least 6 feet between participants.
- Masks are required in the facility and may be removed if the level of exertion makes it difficult to wear a face covering, provided that social distancing is always maintained.
- 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.
- Equipment is stored in the warehouse.
- 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.