

# GROUP FITNESS SCHEDULE

## FEBRUARY 1-29

- 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 online at: [www.monticellocommunitycenter.com](http://www.monticellocommunitycenter.com)
- You may also call 763-295-2954 to make your reservation for class
- Check-in with Guest Service staff before class

MONDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN & SCULPT (W)	45	Jill
6:15 a.m.	BARBELL STRENGTH (W) NO CLASS 2/12	55	Rachel
7:15 a.m.	HIIT SPIN & SCULPT (W) NO CLASS 2/12 & 2/19	45	Rachel
8:15 a.m.	QIGONG "chi-gong" (W) VIRTUAL ON 2/5	60	Nate
11:00 a.m.	VIRTUAL CHAIR YOGA (W)	60	Joy
5:30 p.m.	BODY BLAST STRENGTH (W)	60	Kelsey
6:30 p.m.	EXPRESS VIN TO YIN (W)	30	Kelsey

WEDNESDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN (W)	45	Kelsey
6:15 a.m.	BARBELL STRENGTH (W)	55	Rachel
7:20 a.m.	BOSU (W)	45	Rachel
8:30 a.m.	WATER AEROBICS CIRCUIT (P)	60	McKaylah
10:00 a.m.	CARDIO DANCE & STRENGTH (W) NO CLASS 2/7	60	Donna
4:30 p.m.	EXPRESS MAT PILATES (PC) NO CLASS 2/14	45	Joy
5:30 p.m.	YIN YOGA (PC) NO CLASS 2/14	75	Joy
5:30 p.m.	BOOT CAMP (W)	45	Jill

FRIDAY			
Time	Class	Minutes	Instructor
5:10 a.m.	BARBELL STRENGTH (W) *NO CLASS 2/9	55	Rachel
6:15 a.m.	BOSU (W) *NO CLASS 2/9	45	Rachel
8:00 a.m.	MOBILITY & STRETCH (W)	30	Hailey
8:15 a.m.	WATER AEROBICS CIRCUIT (P)	60	McKaylah
9:00 a.m.	GENTLE CORE (W)	45	Hailey
11:00 a.m.	VIRTUAL CHAIR YOGA (W)	60	Joy

- Non-members welcome, \$13/per class. Participants must be 12 or older unless otherwise noted. 12-15 year olds must have an adult caregiver present in class.

### Supervised Play

A place to bring your kids while you work-out.

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

TUESDAY			
Time	Class	Minutes	Instructor
5:00 a.m.	BARRE CONNECT (PC) NO CLASS 2/13	60	Rachel
6:15 a.m.	HIIT SPIN & SCULPT (W) NO CLASS 2/13	60	Rachel
9:00 a.m.	BODY BLAST STRENGTH (W)	60	Kelsey
10:15 a.m.	LINE DANCING (W)	75	
4:30 p.m.	EXPRESS SPIN (W) NO CLASS 2/20	30	Joy
5:30 p.m.	BODY BLAST (W) NO CLASS 2/20	45	Joy

THURSDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	BOOT CAMP (W)	45	Jill
6:00 a.m.	BARRE CONNECT (PC)	60	Rachel
8:00 a.m.	QIGONG "chi-gong" (W) VIRTUAL ON 2/1	60	Nate
6:30 p.m.	ZUMBA!®COMBO (W)	45	Kara

SATURDAY			
Time	Class	Minutes	Instructor
8:30 a.m.	HIIT SPIN & SCULPT (W) *NO CLASS 2/10	60	Rachel

# CLASS DESCRIPTIONS

## **MOBILITY & STRETCH**

Maintaining proper mobility and flexibility is a key foundation to successful athletic performance. Pickleball requires a lot of different movements, so it is important to prepare your body to avoid injuries. Warm up with some mobility and flexibility exercises before you hit the courts.

## **ZUMBA!® COMBO**

Zumba® is combination of dance and fitness moves done to a background of exhilarating, international rhythms. In this combo class, each dance song will be followed by a strength component song using hand weights targeting specific muscle groups. Class participants must be 13 years or older, 13-15 years olds must be accompanied by an adult caregiver.

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

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.

## **SPIN**

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.

## **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.

## **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!

## **BODY BLAST / BOOT CAMP**

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!

## **BOSU**

Improve your balance, coordination and reflexes with the BOSU® balance trainer. This circuit or freestyle workout includes a ball to focus on working your legs, arms and chest while stabilizing your core. Leaving you stronger, more agile with awesome reflexes.

## **GENTLE CORE**

This class is especially great for anyone easing back into fitness or recovering from an injury. It focuses on improving one's balance, coordination, flexibility and even posture by targeting your glutes, abs and legs.

## **EXPRESS VIN TO YIN YOGA**

Sun salutations and other sequences incorporating movement ending with a few yin poses to stretch and further calm the body.

## **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.

## **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.

## **QIGONG**

Qigong, pronounced "chi gong," are exercises to optimize mobility, flexibility, balance and strength, with the goal of improving and maintaining health and well-being. It involves the regulation of the mind, breath, and body's movement. The exercises are typically gentle and smooth, aimed for relaxation, balance and strength, while alleviating stiffness and pain.

## **EXPRESS PILATES**

Mat-based Pilates class focuses on strength, stability, posture, proper breath control, and flexibility.

## **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.

## **CARDIO DANCE & STRENGTH**

Get your dancing shoes on and join us! This class will be so fun you won't even know you're exercising!

## **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.
- 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.