

A variety of adult aerobics classes are offered at the Community Center. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership, show your punch card at the front desk or pay per visit when you check in at the front desk. Body bars, hand weights, Resita balls, resist bands and mats are provided. Please consult with your physician prior to beginning any new exercise program. The fitness classes are ranked according to degree of difficulty. Use the descriptions below to help find the class that's right for you. Space in some classes is limited.

## **Silver Sneakers® Muscular Strength & Range Movement**

Level: 1/Seniors

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. 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® Cardio Circuit**

Level: 1/Seniors

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

## **Silver Sneakers® Yoga Stretch**

Level: 1/Seniors

Yoga Stretch 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 a final relaxation will promote stress reduction and mental clarity.

## **Muscle Conditioning** Levels: 1 - 3

Experience personal training in a group setting. This drop in class will surely increase your weight endurance and help you to tone and strengthen. Classes will meet once a week on a drop in setting.

## **Studio Muscle Conditioning**

Levels: 1 - 3

This class will use adjustable weights to help you increase your weight endurance and help you to tone and strengthen. Get similar results as Muscle Conditioning in a group fitness atmosphere.

## **Boot Camp/Athletic Conditioning**

Levels 2 & 3

This class is designed to challenge the athlete inside of us all. You set the pace as we enjoy everything from running and athletic drills to obstacle courses and muscle conditioning. No complicated choreography—just loads of endurance, agility and strength building athletic intervals. Boot Camp will get you feeling stronger with results you will notice. Both men and women are encouraged to attend. This is a great opportunity for spouses/partners to exercise together.

## **Yoga**

Levels 1-3

Create a mind/body connection with yoga. This more traditional yoga class in the hatha style will focus on breathing, flexibility, balance, alignment and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace.

## **Fitness Yoga**

Levels 1-3

A non-purist yoga class combining breath and body work to strengthen the muscles and improve flexibility; core strengthening and balancing poses as well as traditional poses and relaxation.

## **Kettlebell**

Levels 1-3

KettleBell will enhance your training program by building strength and lean muscle mass. It will also help you to maintain maximum flexibility, power and endurance. This class will challenge you through a series of weight and cardio exercises with the use of the Kettlebell. Class size is limited.

## **Core**

Levels: 2 & 3

This class will work your core through use of stability balls, bands, weights and simple balance. Muscle health and development is attributed to a strong body core.

## **Cycling**

Levels: 1-3

An interval class on industrial-strength stationary bicycle set to motivating music. It is great for everyone at all levels, from the advanced athlete to the brand-new beginner—because the resistance and pace can be modified by the individual participant. It's high-energy, motivating and the best calorie-burner at 700 per class. It's non impact so it is perfect for people with injuries. It's just you and the bike!

**Cycling Express Plus Abs** offers you a mid day workout with options. Take a 1/2 hour high intensity cycling class and it is your choice to stay for the 15 minute of abs. A great choice for those who want to get a mid day workout in over the lunch hour.

## **Pilates**

Levels: 1–3

This class will focus on the fundamentals of Pilates training, beginning with general mind/body awareness and breathing exercises. The exercises in this class will be taught at a beginner level and will gradually build to more intermediate classes. The purpose of the class is to promote a more balanced musculoskeletal system by strengthening the core (abs & back).

## **Water Aerobics**

Levels: 1–3

Water aerobics is a safe and effective way to work out and burn calories. **This is a class held in the shallow water and the deep water at the Shakopee Middle School Pool.** We will work cardio, strength, stamina, stability, and balance. Floatation belts and other equipment will be used. This class is adaptable to all levels.

## **Body Sculpt**

Levels: 2 & 3

This is a muscle toning and body reshaping class incorporating weights, stability ball and bands. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass, tone, and lose inches.

# Winter Group Fitness Schedule

# February 8 - March 25

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	Abs/Cycling Jessica	Studio Muscle Conditioning Brad	* Kettlebell Jessica	Core Brad	Abs/Cycling Jessica		
8:15 AM	*MSROM Paulette	*SS Cardio Circuit Paulette	*MSROM Paulette	*SS Cardio Circuit TBD	*MSROM Paulette	*Cycling Shawn	
9:15 AM			Yoga Stretch Paulette			Muscle Conditioning Brad  Fitness Yoga Gerri	
10:00 AM					Pilates Denise		
12:00 PM		*Cycling Express Plus Abs Shawn		*Cycling Express Plus Abs Shawn			
4:30PM		Yoga Stretch Stephanie					Pilates Denise
5:00 PM			*Cycling Colleen				
5:45 PM	Body Sculpt Jenie	Yoga Chrissy	Core Jenie	Yoga Chrissy *Kettlebell Stephanie			*Kettlebell Denise/Kristen
6:30 PM			H2O Aerobics @ SMS Sharon				
7:00PM	Boot Camp Shawn	* Kettlebell Shawn	Boot Camp Shawn				

**Spring & Summer Schedule will be published in the Summer Brochure.**

\* Denotes classes that are 45 minutes in length. All other classes are an hour.

Fitness Classes may need to be added, changed or cancelled depending on participation numbers. Please check at the Community Center Service Desk for latest schedules. (February 6, 2010)

### Class Fees

Resident Single Class	\$5.00
Non Resident Single Class	\$7.00
Punch Cards	\$60.00 (15 classes)
SCC Members	No Charge

### Yellow Boxes on the Schedule denote that Staff Supervised CC Playtime is offered.

Drop your child off for supervised playtime while you work out. Bring your CLEAN trikes, riding toys, balls or use ours. Parents must stay in the facility. No food or beverages are allowed in the gym. Children must be potty trained.

**Who:** Ages 3 - 8 years

**When:** February - March 24

Mondays & Wednesdays 5:30—6:45PM

Fridays 10:00—11:30AM

**Fee:** \$3 per child for non members

\$1 for SCC members