

Summer II Group Fitness Schedule

July 19, 2021 – August 21, 2021 (5 weeks)



WAUNAKEE VILLAGE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early am	<p><i>6:00 Virtual Yoga (60 min) - Sarah (no class Aug 9)</i></p> <hr/> <p><i>6:00 Yoga (60 min) - Sarah (no class Aug 9)</i></p>		<p>6:15 Group Cycling (45 min) - Sarah (no class Aug 11)</p>		<p><i>6:00 Virtual Yoga (60 min) - Sarah (no class Aug 13)</i></p>	
8 am	<p><i>8:15 Virtual Silver Sneakers BOOM - Mind (45 min) - Sarah</i></p> <hr/> <p><i>8:15 Silver Sneakers BOOM - Mind (45 min) - Sarah</i></p>		<p><i>8:15 Virtual Silver Sneakers BOOM - Muscle & Mind (45 min) - Sarah</i></p> <hr/> <p>8:15 Silver Sneakers BOOM - Muscle & Mind (45 min) - Sarah</p>	<p>8:15 Cardio Combo (45 min) - Sarah (no class Aug 12)</p>	<p><i>8:15 Virtual Silver Sneakers Yoga (45 min) - Sarah</i></p>	
9 am	<p><i>9:05 Virtual Silver Sneakers Yoga (45 min) - Sarah</i></p> <hr/> <p><i>9:05 Silver Sneakers Yoga (45 min) - Sarah</i></p>	<p>9:00 Gentle Yoga (60 min) - Kim</p>	<p><i>9:05 Virtual Silver Sneakers Yoga (45 min) - Sarah</i></p> <hr/> <p>9:05 Silver Sneakers Yoga (45 min) - Sarah</p>			
10 am	<p><i>10:00 Virtual Silver Sneakers Classic (50 min) - Marlene</i></p>	<p>10:15 Silver Sneakers Classic (45min) - Laurie</p>	<p><i>10:00 Virtual Silver Sneakers Classic (50 min) - Marlene</i></p>	<p>10:15 Silver Sneakers Classic (45min) - Laurie</p>		
12pm			<p>12:00 Zumba (50 min) - Jill</p>			
Early pm						
5 pm	<p>5:45 Group Cycling (35 min) - Steph</p>	<p>5:30 Strong Nation (30 min) - Sarah (no class Aug 10)</p> <hr/> <p>6:05 Yoga (60 min) - Sarah (no class Aug 10)</p>	<p>5:45 Group Cycling (35 min) - Steph</p>	<p>5:15 Smash and Burn Boxing (45 min) - Tammy</p>		
6 pm				<p>6:00 Yoga (60 min) - Martha</p>		
7 pm	<p><i>7:30 Virtual Yoga (60 min) - Sarah (no class Aug 9)</i></p>					

****Classes in red are Virtual Classes that will allow you to participate from the comfort of your home.****

Class Descriptions

Cardio, Cycling and Strength Classes

Group Cycling: This is a high-energy class. Its inspiring music and camaraderie offers an effective way to train the cardiovascular system. With no choreography to learn, it is a class that closely resembles a ride on the road encountering the challenges of intervals, hills and jumps! Beginner and advanced cyclists can benefit from this class.

Cardio Combo: Combine body weight, muscle conditioning, cardio intervals, TRX and core work into one great workout.

Smash and Burn Boxing: Smash and Burn classes will get your heart rate working and your muscles burning. You can plan on a fun sparing boxing workout. The class will incorporate upper body, lower body, core while throwing in med balls, step, Bosu and bands to increase the work. Classes will change each week to make sure you are on your toes for the change in you. Join this heart pumping, muscle toning class. No need to know anything about boxing, I promise you will love it once you try it. Any level fitness is welcome. Please provide your own gloves.

TRX: Get a fast, effective, total body workout with TRX Suspension training. Using leveraged bodyweight safely perform hundreds of exercises that build power, strength, flexibility, balance, mobility at your own intensity.

Zumba: Catch Zumba Fever! Zumba puts some party in your workout, using a variety of high-energy movement styles and great, upbeat music! Zumba mixes high and low intensity moves for an interval-style, calorie-burning class that anyone can do.

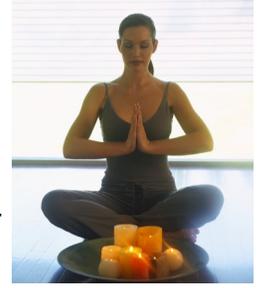


**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**

Mind & Body Classes

Gentle Yoga: Gentle Yoga classes are a great place to take it slower, and still experience all the benefits of yoga. Class will focus on releasing tension, connecting with the breath and helping students gain strength and flexibility. Gentle yoga uses classical postures with slight variations to accommodate all levels of yoga students

Yoga: Yoga can be a great workout, or a great way to relax. This class will utilize gentle stretching, strength building postures, and breathing techniques to help participants increase flexibility, improve posture, build lean muscles and experience relaxation.



Please Note: All adult Yoga and Pilates classes require you to provide your own mat. Any type of yoga mat will work. Thanks!

Silver Sneakers Classes (ages 55+)

Silver Sneakers offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health.

Classic - This low intensity exercise class that will work to increase your flexibility, strength and endurance. Basic exercises will be used to get your body moving. Participants may be seated or standing during the class. This class is designed for the beginning exerciser.

Yoga - This class is designed for all abilities and focuses on poses and postures to improve breathing, flexibility, balance, muscular strength, endurance and joint range of motion. Static and dynamic movements are presented to enhance the flow and physical energy of the movements with the chair for seated and standing support.

BOOM—Mind - Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus is on core muscles, lower body strength and balance.

BOOM—Muscle - Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

BOOM—Muscle & Mind - This class combines the best of BOOM - Mind and BOOM - Muscle. Participants will work on strength & balance while also focusing on toning and strength.





Class Fees - 5 week session

Express classes are \$22.50 for residents and \$32.50 for non-residents

Express classes are any classes that are 30 minutes or less in length.

**Cardio, Sculpt, Yoga, Strength, Barre and Group Cycling classes are
\$27.50 for residents and \$37.50 for non-residents**

**Silver Sneakers Classic, Cardio, Boom and Yoga are \$42.00 for residents and
\$52.00 for non-residents for 10 class punch card.**

Silver Sneaker punch cards expire 3 months from purchase date.

Registration begins Tuesday, July 6, 2021

(7:00 a.m. online and 9:00 a.m. by phone)

We will not be taking in person registrations for this session of classes.

- ✓ CALL the Welcome Desk at 850-5992
- ✓ go ONLINE at <https://apm.activecommunities.com/waunakee> (convenience fees apply)

Group Fitness Class Policies

Refund Policy: Once a class has started there will be no refunds issued without a written medical excuse.

Cancellation Policy: If the Village Center cancels a single class for any reason you will be issued a credit on your account for future classes. Since the credit is issued to your account this takes the place of you attending a make-up class.

Make-Up Classes: Make-up classes will be allowed on a limited basis during this session. All make-ups are by appointment only. Please call the welcome desk to check availability and schedule a time. This will allow us to control the capacity based on the requirements from Public Health of Madison & Dane County.

Drop-In Classes: Drop-in classes will be allowed on a limited basis during this session. Anyone can drop into a class if there are openings for an \$8.00 fee for Village of Waunakee residents and a \$10.00 fee for non-residents. All drop-ins are by appointment only. Please call the welcome desk to check availability and schedule a time. This will allow us to control the capacity based on the requirements from Public Health of Madison & Dane County.

Kidcare Policy: Kidcare will not be available during this session of group fitness.

Weather Policy: In the event that Waunakee Schools are closed for in person instruction, all morning in person group fitness classes will be cancelled. If there is a 2 hour delay for Waunakee Schools, group fitness classes will run as scheduled. A decision will be made on afternoon in person classes by 3:00 pm.