

# Fall II Group Fitness Schedule

## Nov. 1, 2021 – Dec. 18, 2021 (7 weeks)



### WAUNAKEE VILLAGE CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early am		<i>6:30 Virtual Pilates (45 min) - Polly</i>		5:45 Group Cycling (45 min) - Sarah <i>(no class Nov 25)</i>	<i>6:00 Virtual Yoga (60 min) - Sarah (no class Nov 26)</i>	
8 am	<i>8:15 Virtual Silver Sneakers BOOM - Mind (45 min) - Sarah (no class Nov 22)</i>		<i>8:15 Virtual Silver Sneakers BOOM - Muscle &amp; Mind (45 min) - Sarah (no class Nov 24)</i>	8:30 Virtual Functional Fitness Core & More <i>(45 min) - Polly (no class Nov 25)</i>	<i>8:15 Virtual Silver Sneakers BOOM - Mind (45 min) - Sarah (no class Nov 26)</i>	
	<i>8:15 Silver Sneakers BOOM - Mind (45 min) - Sarah (no class Nov 22)</i>		<i>8:15 Silver Sneakers BOOM - Muscle &amp; Mind (45 min) - Sarah (no class Nov 24)</i>		<i>8:15 Silver Sneakers BOOM - Mind (45 min) - Sarah (no class Nov 26)</i>	
9 am	<i>9:05 Virtual Silver Sneakers Yoga (45 min) - Sarah (no class Nov 22)</i>	9:00 Gentle Yoga (60 min) - Kim	<i>9:05 Virtual Silver Sneakers Yoga (45 min) - Sarah (no class Nov 24)</i>		<i>9:05 Virtual Silver Sneakers Yoga (45 min) - Sarah (no class Nov 26)</i>	
	<i>9:05 Silver Sneakers Yoga (45 min) - Sarah (no class Nov 22)</i>		<i>9:05 Silver Sneakers Yoga (45 min) - Sarah (no class Nov 24)</i>	<i>9:05 Silver Sneakers Yoga (45 min) - Sarah (no class Nov 26)</i>		
10 am	<i>10:00 Virtual Silver Sneakers Classic (50 min) - Marlene</i>	<i>10:15 Silver Sneakers Classic (45min) - Laurie</i>	<i>10:00 Virtual Silver Sneakers Classic (50 min) - Marlene</i>	<i>10:15 Silver Sneakers Classic (45min) - Laurie (no class Nov 25)</i>		
Early pm						
5 pm	5:45 Group Cycling (35 min) - Steph	5:30 Strong Nation (30 min) - Sarah <i>(no class Nov 23)</i>	5:45 Group Cycling (35 min) - Steph			
6 pm		6:05 Yoga (60 min) - Sarah <i>(no class Nov 23)</i>	<i>6:30 Virtual Yoga (60 min) - Martha</i>	<i>6:00 Virtual Yoga (60 min) - Martha (no class Nov 25)</i>		
7 pm	<i>7:30 Virtual Yoga (60 min) - Sarah (no class Nov 22)</i>					

**\*\*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

**Cardio Flow:** This short but intense class features repetitive and fast-paced flows through yoga poses to provide a no-impact cardio and strength workout. This class is for all-levels, modifications provided.

**Functional Fitness Core and More:** This full-body workout combines Pilates and functional movements to improve balance, and strengthen and tone the whole body. Based on the medically-endorsed Buff-Bones movement system, this fun and challenging workout is osteoporosis safe and appropriate for all fitness levels. (Light hand weights (1-3 lbs.) are optional.)

**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.

**Strong Nation:** Combine body weight, muscle conditioning, cardio intervals, kickboxing and core work into one great workout driven by the music. Get ready to sweat!

**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.



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## 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.

**Pilates:** The Pilates method is a form of body conditioning that was developed to strengthen the human mind and body. Pilates is based on the principle that a healthy movement must begin with a strong powerhouse (deepest abdominal muscles). Each Pilates class will provide a balanced full body workout, allowing you to build your core stability, lengthen and strengthen your muscles, improve your coordination, find your center and breathe. We will focus on proper form and alignment. Regular practice of Pilates exercises, performed with proper alignment and form, can correct muscle imbalances and change the way you feel and move everyday.

**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.

## **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.



## **Workshops on Wellness (WOW)**

The Waunakee Village Center and the Waunakee Lions Club are pleased to offer Workshops on Wellness. The WOW program consists of monthly presentations to help improve healthy living. The presentations will be based on a wide variety of topics and each presenter will share information and answer your questions. The WOW program will be offered at 7pm on the 2nd Wednesday of every month. This is a free program.



## Class Fees - 7 week session

**Express classes are \$31.50 for residents and \$41.50 for non-residents**

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

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**Cardio, Yoga, Strength and Group Cycling classes are  
\$38.50 for residents and \$48.50 for non-residents**

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**Silver Sneakers Classic, 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, October 19, 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.