

Winter Group Fitness Schedule

Jan. 9, 2023 – Mar. 18, 2023 (10 weeks)



WAUNAKEE VILLAGE CENTER

	Monday (no classes Jan. 16)	Tuesday	Wednesday	Thursday	Friday	Saturday
Early am	5:45 Group Cycling (45 min) - Joanne	5:45 TRX (45 min) - Sarah	5:45 Group Cycling (45 min) - Joanne 6:30 Cardio Mix (45 min) - Martha 7:15 WERQ (45 min) - Naveen	5:45 Group Cycling (45 min) - Sarah 6:30 SHAPE (45 min) - Martha 7:15 Zumba (45 min) - Naveen	7:45 Move It or Lose It (45 min) - Becky & Steph	7:30 Group Cycling (30 min) - Steph
8 am	8:00 Silver Sneakers BOOM - Muscle** (45 min) - Sarah 8:45 Strictly Strength (55 min) - Becky	8:30 Cycle & Strength (45 min) - Katie	8:00 Silver Sneakers BOOM - Mind** (45 min) - Lolly 8:45 Cycle & Strength (55 min) - Becky		8:00 Silver Sneakers BOOM - Muscle and Mind** (45 min) - Sarah	
9 am	8:50 Silver Sneakers Chair Yoga** (45 min) - Sarah	9:00 Gentle Yoga (60 min) - Kim	8:50 Silver Sneakers Yoga** (45 min) - Lolly	9:00 Barre (50 min) - Jamie <small>**Yoga Mat is required (No class Jan 26th)</small>	8:50 Silver Sneakers Chair Yoga** (45 min) - Sarah	
10 am	10:15 Silver Sneakers Classic (45min) - Laurie		10:15 Silver Sneakers Classic (45min) - Martha		10:15 Silver Sneakers Classic (45min) - Laurie	10:00 Healthy Lifestyle with Yoga & Ayurveda (90 min) - Raashmi
4 pm		4:00 Zumba Mini Session (45 min) - Joye (Jan 10, 12, 17, 19)		4:00 Zumba Mini Session (45 min) - Joye (Jan 10 12, 17, 19)		
5 pm	5:40 Get LIIT (45 min) - Amanda	5:30 Barre Fusion (40 min) - Amanda 5:30 Athletic Step (45 min) - Tammy (No class March 14th)	5:40 Interval Blend (40 min) - Amanda 5:45 Group Cycling (30 min) - Steph	5:30 Power Pump (45 min) - Tammy (No class March 16th)		
6 pm		6:20 4-3-2-1 Interval Blast (30 min) - Amanda 6:30 Yoga (60 min) - Martha	6:30 Slow Flow Yoga (60 min) - Raashmi	6:00 Yoga (60 min) - Martha		
7 pm	7:00 Yoga** (60 min) - Sarah					

****Classes with ** are offered both Virtually and In Person.****

Class Descriptions

Cardio, Cycling and Strength Classes

4-3-2-1...Interval Blast: Countdown to a healthier you! This is an interval based training class that alternates bursts of high intensity exercise with brief active rest. This workout can be modified to any level.

Athletic Step: Athletic Step will be a full-body step workout that will elevate your heart rate, target your butt and legs and improve your coordination. Athletic Step will leave you feeling toned and energized. This 45 min class will be split into 30 min of rockin' step moves that are easy to follow, then power into 15 min of upper body and core. Let's power into the new year!

Barre: This is a hybrid workout class - combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training. Involves small, methodical movements that target abs, arms, thighs, and glutes. The aim is to improve posture, balance, and flexibility as well as muscle strength.

Barre Fusion: Target your whole body with a variety of lower impact exercise, infused with Barre Inspired movement - high repetition sets, isometric holds, and pulses.

Get LIIT: Low Impact Interval Training for a full body workout with longer reps, body weight/lighter weights, and no jumping! Alternate intensity options will be provided.

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. **Cycle & Strength** class combines the benefits of a group cycling class with strength training. This great combo class will give you a full body workout!

Move it or Lose it!: Multidisciplinary class all programmed to help you improve movement, functional range of motion, strength, power, agility, coordination and cardiovascular health. Consider this as guided self-care; a practice crucial to your athletic and fitness development. Expect this class to "hurt so good" while you strengthen, shuffle, hop, leap, release, and stretch your way to true functional improvement. This class will include a pre and post fitness assessment - we will use this as a guide to our class programming and your progress. We can't manage what we haven't measured!!

Power Pump: Definitely the fastest way to get in shape! Power Pump is creatively choreographed, program using bodybars and hand weights. This revolutionary weight training workout strengthens, tones and defines every muscle in your body. This class is for all levels of fitness.

Shape: Ready to change your body? Shape uses strength training to improve your muscle tone. You will have a tighter body, a faster metabolism, and less fat by the time you are done! Enjoy a truly body-changing workout ever time!

Strictly Strength: Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight. All-Levels.

WERQ: WERQ is a fiercely fun dance fitness workout class that is based on pop, rock, and hip hop charting radio hits. The warm-up features preview moves of some of the routines in the class and the cool down is a classic cool down with some yoga-inspired poses. Each song has it's own pre-choreographed routine in which there are hundreds of routines that instructors have to choose from to teach, so it never gets old or boring. These routines are also very easy to follow, with the cueing method the instructors use.

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.

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 & flexibility. Gentle yoga uses classical postures with slight variations to accommodate all levels of yoga students.

Healthy Lifestyle with Yoga & Ayurveda: In this class we will learn about the holistic approach of having healthy mind, body and spirit. Participants will learn about the combination of five senses, five elements and the sense organs. You will also learn how Yoga and Ayurveda are One Science that can help us to achieve our goal of optimal health. The class will consist of some yoga nidra sessions along with learning its physical benefits.

Slow Flow Yoga: This class is a sequence of poses at slow pace emphasizing peace, and calm in mind and body. It is similar to vinyasa flow but we hold the poses for a longer time, taking more breaths in each pose and focus on stability of each pose. Yoga flow strengthens the body as well as calms the mind.

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 - 10 week session

Express classes are \$50.00 for residents and \$60.00 for non-residents

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

**Cardio, Yoga, Strength and Group Cycling classes are
\$60.00 for residents and \$70.00 for non-residents**

**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, December 20, 2022

(6:00 a.m. online and 8:00 a.m. by phone or in person)

- ✓ CALL the Welcome Desk at (608) 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.

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.

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