

Summer Group Fitness Schedule

June 12, 2023 – August 19, 2023 (10 weeks)



WAUNAKEE VILLAGE CENTER

	Monday	Tuesday (no classes July 4th)	Wednesday	Thursday	Friday	Saturday
Early am		5:45 TRX (45 min) - Sarah (3 week session) <hr/> 6:00 Yoga (60 min) - Martha <hr/> 7:15 SHAPE (45 min) - Martha <hr/> 7:45 Myofascial Release Yoga (60 min) - Sarah (3 week session)	6:00 Cardio Mix (45 min) - Martha <hr/> 7:00 Yoga (45 min) - Martha <hr/> 7:15 WERQ (45 min) - Naveen	5:45 Group Cycle (45 min) - Sarah No class July 6 <hr/> 6:00 Yoga (60 min) - Martha <hr/> 7:15 SHAPE (45 min) - Martha	7:15 Core Off the Floor (30 min) Becky (5 week class starting June 23)	7:20 HIIT Strength (40 min) - Tammy No class on July 1, July 29 and Aug 19
8 am	8:00 Silver Sneakers BOOM - Muscle ** (45 min) - Sarah <hr/> 8:00 Group Cycle (30min) - Katie <hr/> 8:45 Strictly Strength (55 min) - Becky (No class June 12)		8:00 Silver Sneakers BOOM - Mind** (45 min) - Lolly <hr/> 8:45 Cycle & Strength (55 min) - Becky (No class June 14)	8:30 Barre (50 min) - Jamie **Yoga Mat is required NO class June 29, July 20, & Aug 10	8:00 Silver Sneakers BOOM - Muscle and Mind ** (45 min) - Sarah <hr/> 8:15 Group Cycle w/ light weights (45 min) - Katie	
9 am	8:50 Silver Sneakers Chair Yoga** (45 min) - Sarah	9:00 Gentle Yoga (60 min) - Kim	8:55 Silver Sneakers Yoga** (45 min) - Lolly	9:30 Yoga Flow (60 min) - Sarah (3 week session)	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	
5 pm	5:40 Get LIIT (40 min) - Amanda (starts July 10)	5:00 Barre (50 min) - Jamie (4 week session)	5:45 Group Cycle (35 min) - Steph NO Class June 14 & July 5	5:30 Get LIIT (40 min) - Amanda (starts July 6th)		
6 pm		6:00 Yoga (60 min) Martha	6:55 WERQ (45 min) - Nicole (6 week session) No class on July 5th			
7 pm						

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

www.waunakee.com/villagecenter

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.

Myofascial Release Yoga: In conjunction with yoga flows and poses, release tension in the connective tissues or fascia that bind and support our muscles and other structures. Use blocks, balls, & props to find trigger points and experience gentle pressure and release.

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.

Yoga Flow: Experience creative ways to move and flow between yoga poses. Participant should be comfortable with sun salutations and movement on and off the yoga mat.



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.



WAUNAKEE VILLAGE CENTER

Class Fees - 10 week session

Express classes are \$55.00 for residents and \$65.00 for non-residents

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

**Cardio, Yoga, Strength and Group Cycling classes are
\$65.00 for residents and \$75.00 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, May 23, 2023

(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.