

Normandale Lake Office Park Wellness Center

GROUP FITNESS SCHEDULE

Effective February 7, 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am		Circuit & Core		Strength Training	
11:30am-12:15pm	Strength Training	Boot Camp	Interval Training	Strength Training	Instructor's Choice
12:15pm-12:30pm		Core Training		Core Training	
12:15pm-1:00pm	Yoga		Yoga		
5:15pm-6:00pm		Strength Training		Interval Training	

Instructor's Choice: The format of the class is determined by the instructor. It could be all cardiovascular training, all strength conditioning, all mind-body or any combination, all depending on what the instructor feels like teaching that day. So be ready for anything!

Core Training: Having a strong core is essential to a well-balanced fitness program. This 15-minute workout uses a variety of abdominal and back exercises to improve your core body strength.

Yoga: Designed to strengthen the entire body and improve your physical health and mental well-being, this yoga class focuses on combining movement and breath. Yoga is appropriate for all individuals of all fitness and yoga levels.

Strength Training: Strengthen the entire body with this workout. You will use a variety of equipment including dumbbells, resistance bands, stability balls and mat work to train all of the major muscle groups of the body.

Boot Camp: If you're looking for a more intense combination of strength training, plyometrics and cardiovascular exercises then this class is for you! Boot Camp combines sports training drills, and calisthenics to give you an intense workout.

Interval Training: This class is an excellent way to burn calories, build cardiovascular endurance and your workouts more interesting. Interval training involves alternating high intensity exercise (70-95% of your MHR) with low intensity exercise (20-40% of your MHR) recovery periods.

Circuit: Work your way thru a series of stations that may include cardio, strength or both. This class is designed to work at your own pace for specific time intervals.

Please note: Classes are held at the Normandale Lake Office Park Wellness Center. A minimum of 2 participants is required within 10-minutes of class start time to conduct classes. Schedule is subject to change based on employee input and staff resources.