

# Normandale Lake Office Park Wellness Center

## GROUP FITNESS SCHEDULE

**Effective January 8, 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am		Strength Cardio <i>*(Beginner – Advance)</i>	Core Training (6:30am-6:45am) <i>*(Beginner – Intermediate)</i>	Circuit <i>*(Beginner – Advance)</i>	
11:15am-12:00pm	Boot Camp <i>*(Advance)</i>	Strength Training <i>*(Beginner – Advance)</i>	Interval Training <i>*(Intermediate – Advance)</i>	Strength Training <i>*(Beginner – Advance)</i>	
11:15am-11:45am					Express Tabata <i>*(Advance)</i>
12:05pm-12:20pm		Core Training <i>*(Beginner – Intermediate)</i>		Core Training <i>*(Beginner – Intermediate)</i>	
12:05pm-12:50pm	Yoga <i>*(Beginner – Intermediate)</i>		Yoga <i>*(Beginner – Intermediate)</i>		
5:00pm-5:10pm		Strength Training (5pm-5:45pm) <i>*(Beginner – Advance)</i>		Core Training <i>*(Beginner – Intermediate)</i>	
5:15pm-5:45pm				Yoga <i>*(Beginner – Intermediate)</i>	

*\*(Classes based on fitness level) | 16 participants maximum for classes*

**Express Tabata:** Same great class, just shorter in time. This high intensity class is designed to get your heart rate up in the anaerobic zone by following the 20 on 10 off format rule.

**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, core, and functional exercises. This class is designed to work at your own pace for specific time intervals.

**Strength Cardio:** Build strength and cardio endurance with this class format. Come prepared for a whole-body workout that will give you that energy burn throughout the day.

***Please note:** Classes are held at the Normandale Lake Office Park Wellness Center. A minimum of 2 participants is required within 5-minutes of class start time to conduct classes. Schedule is subject to change based on employee input and staff resources.*