

# Normandale Lake Office Park Wellness Center

## GROUP FITNESS SCHEDULE

**Effective December 3, 2018**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am		Functional Strength <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-5:45pm	Yoga <i>*(Beginner – Intermediate)</i>	Strength Training <i>*(Beginner – Advance)</i>		Dance Fitness <i>*(Beginner – Intermediate)</i>	

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

**Dance Fitness:** Dance your way into fitness with this new class format! This dance-based class incorporates a variety of aerobic and strength dance moves to give you an amazing burn.

**Functional Strength:** This class is aimed to improve overall strength in participants by using a variety of different equipment. Be prepared to be led through a series of functional strength exercises that will leave you stronger.

**Express Tabata:** 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 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 to keep 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.

***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.***