

# Normandale Lake Office Park Wellness Center

## GROUP FITNESS SCHEDULE

**Effective May 1st, 2019**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30am-7:15am		Boot Camp <i>*(Beginner – Advance)</i>		Circuit <i>*(Beginner – Advance)</i>	
11:15am-12:00pm	Boot Camp <i>*(Advance)</i>	Upper Body Strength Training <i>*(Beginner – Advance)</i>	Interval Training <i>*(Intermediate – Advance)</i>	Lower Body Strength Training <i>*(Beginner – Advance)</i>	
11:15am-11:45am					Express Tabata <i>*(Advance)</i>
12:05pm-12:35pm		Core Fusion <i>*(Beginner – Intermediate)</i>		Core Fusion <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***

***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.***

**Upper Body Strength Training:** This class format will focus on strengthen the UPPER body. Come prepared to work on the shoulders, arms, chest, back and core muscles!

**Lower Body Strength Training:** This class format will focus on strengthen the LOWER body. Come prepared to work on the quads, glutes, hamstrings, calves and core muscles!

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

**Core Fusion:** It's time to integrate! This 30-minute class combines core training with strength and cardio exercises. Each workout fuses movements that will challenge your core muscles.

**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.

**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 through 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.