

Normandale Lake Office Park Wellness Center

GROUP FITNESS SCHEDULE

Effective November 4, 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> |
| 12:00pm-12:30pm | | | | | *NEW Express Yoga <i>*(Beginner – Intermediate)</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.