

# GROUP FITNESS SCHEDULE

## APRIL 1-30

- Classes take place in the **WAREHOUSE (W)**, **PRAIRIE CENTER (PC)** OR **POOL (P)**
- Classes are free for MCC members. Reservations strongly recommended.
- View class updates and make reservations online at: [www.monticellocommunitycenter.com](http://www.monticellocommunitycenter.com)
- You may also call 763-295-2954 to make your reservation for class.
- Check-in with Guest Service staff before class.
- Non-members welcome, \$15/per class.
- Participants must be 12 or older. 12-15 year olds must have an adult caregiver present.

MCC HOURS	
MONDAY—FRIDAY	5 A.M.-8 P.M.
SATURDAY	7 A.M.-7 P.M.
SUNDAY	7 A.M.-5 P.M.
SUN. APRIL 5	CLOSED

MONDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	TOTAL STRENGTH X (W)	45	Jill
6:10 a.m.	TOTAL BODY X (W)	50	Janel
8:00 a.m.	WATER AEROBICS (P)	55	Donna
8:30 a.m.	QIGONG "chi-gong" (W)	60	Nate
9:00 a.m.	AQUA THERAPY (P)	45	Donna
10:00 a.m.	SILVER SNEAKERS (W)	55	Donna
11:00 a.m.	CHAIR YOGA (W)	55	Donna
5:30 p.m.	BODY BLAST STRENGTH (W)	60	Kelsey
6:00 p.m.	YIN YOGA (PC)	60	Ally
6:30 p.m.	EXPRESS VIN TO YIN (W)	30	Kelsey

WEDNESDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN (W)	45	Kelsey
6:30 a.m.	CIRCUIT STRENGTH (W)	55	Janel
8:00 a.m.	WATER AEROBICS (P)	55	Donna
9:00 a.m.	CYCLECORE (W)	45	Darcy
11:00 a.m.	BETTER BONES & BALANCE (W)	45	Donna
5:30 p.m.	HIIT & STRENGTH FUSION (W)	45	AK
6:30 p.m.	WATER AEROBICS (P)	60	Darcy

FRIDAY			
*3/27-refer to online schedule for location changes and cancelations			
Time	Class	Minutes	Instructor
5:15 a.m.	SPIN (W)	45	Joy
6:10 a.m.	TOTAL STRENGTH X (W)	45	Joy
8:30 a.m.	QIGONG "chi-gong" (W)	60	Nate
8:30 a.m.	WATER CIRCUIT (P)	45	Darcy
10:00 a.m.	BEGINNER BALL FITNESS (W)	45	Darcy
11:00 a.m.	BETTER BONES & BALANCE (W)	45	Darcy

Highlighted classes are geared for seniors 55+

**Supervised Play\*** A place to bring your kids while you work-out.  
Monday through Saturday—8 a.m.-11 a.m.  
Monday through Thursday—4:30-7:30 p.m.  
*\*Rates apply*

TUESDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	RISE & GRIND (W)	45	Joy
6:10 a.m.	PILATES (W)	40	Joy
9:00 a.m.	BODY BLAST STRENGTH (W)	60	Kelsey
10:15 a.m.	LINE DANCING 55+ (W)	75	Amber
12:00 p.m.	PILATES (W)	45	Darcy
1:00 p.m.	CHAIR FITNESS (W)	45	Darcy
5:15 p.m.	TABATA (W)	60	Kelsey
6:30 p.m.	YOGA FLOW (W)	60	Kelsey

THURSDAY			
Time	Class	Minutes	Instructor
5:15 a.m.	BOOT CAMP (W)	45	Jill
6:10 a.m.	RISE & GRIND (W)	45	Joy
8:00 a.m.	WATER AEROBICS (P)	55	Donna
9:00 a.m.	AQUA THERAPY (P)	45	Donna
9:00 a.m.	STRENGTH TABATA (W)	45	Darcy
10:00 a.m.	SILVER SNEAKERS (W)	55	Donna
11:00 a.m.	CHAIR YOGA (W)	55	Donna
5:15 p.m.	TABATA (W)	45	AK
6:30 p.m.	ZUMBA!®COMBO (W) *not 4/30	60	Kara

SATURDAY			
Time	Class	Minutes	Instructor
7:30 a.m.	BEGINNER'S TOTAL BODY EXERCISE (W)	60	Janel
9:00 a.m.	INTRO TO RIDE (W) *not 4/11	30	Janel

FITNESS PROGRAMS			
Date/Time	Class	Minutes	Instructor
4/9-12:30 p.m. 4/22-1:30p.m.	EQUIPMENT ORIENTATION	120	Donna
4/2-11 a.m. 4/20- 4 p.m.	KID LIFTING	60	Kelsey

### **AQUA THERAPY**

A thorough and slower paced class designed to increase joint mobility, balance, and flexibility. The water's natural resistance and buoyancy is perfect for people beginning a program of exercise after injury, surgery, or inactivity.

### **BEGINNER'S TOTAL BODY EXERCISE**

This class is designed for individuals who are new to strength training or need to refresh their techniques of proper form in this supportive environment.

### **BEGINNER BALL FITNESS**

A full-body, low-impact routine using a large inflatable ball. The workout will focus on cardiovascular health, balance and core strength. It enhances core stability, posture, and muscular endurance.

**BETTER BONES & BALANCE** Learn exercises to help increase your bone density. We welcome all abilities!

### **BODY BLAST / BOOT CAMP / TOTAL BODY STRENGTH & CONDITIONING**

Work all major muscle groups in just 55 minutes! You'll tone and shape your entire body. This full body workout will burn calories, increase core strength and improve bone health.

### **CHAIR YOGA**

Gentle yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction.

### **CHAIR FITNESS**

Chair fitness is a total body workout to boost overall functional mobility. Exercises can be safely performed from a chair and aim to improve strength, flexibility, balance, and cardiovascular health.

### **CIRCUIT STRENGTH**

Incorporates both cardio and toning exercises into a complete workout. This is a circuit style class with a variety of movements. Strength building provides maximum results!

**CYCLECORE** Combines high-intensity indoor cycling with targeted core-strengthening exercises to build total-body strength and boost cardio .

### **EXPRESS VIN TO YIN YOGA**

Sun salutations and other sequences incorporating movement ending with a few yin poses to stretch and further calm the body.

**INTRO TO RIDE: THE BEGINNER EXPERIENCE** –Beginner cycling class, zero intimidation, clear instruction and great music!

### **HIIT & STRENGTH FUSION**

This class is designed to help participants build muscle, burn calories, and improve endurance in a fun safe, and motivating environment using dumbbells, steps, and functional movements.

**PILATES** Strengthening and improving the body's core muscles, flexibility, posture, and balance.

**QIGONG** pronounced "chi gong," are exercises to optimize mobility, flexibility, balance and strength, with the goal of improving and maintaining health and well-being. It involves the regulation of the mind, breath, and body's movement. The exercises are typically gentle and smooth, aimed for relaxation, balance and strength, while alleviating stiffness and pain.

### **RISE & GRIND**

Start your morning strong with a total-body workout designed to wake up your muscles and energize your day. This class blends core-strengthening exercises, flexibility training, and functional movement using bodyweight, light weights, and dynamic stretches. Expect a mix of strength, mobility, and a touch of cardio to boost endurance and leave you feeling powerful, centered, and ready to take on the day. All fitness levels welcome — just bring your energy (and maybe your coffee)!

### **SILVER SNEAKERS**

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility, helping you stay healthy and independent; go at your own pace.

### **TABATA**

A high-intensity interval training (HIIT) workout structured around 20-45 second bursts of intense exercise followed by 10 seconds of rest. Using weights and bodyweight exercises it's a great workout to build strength and endurance.

### **TOTAL STRENGTH X / TOTAL BODY X**

A sequenced interval strength workout with a HIIT blast component. We welcome all ability levels!

**WATER AEROBICS** A high energy workout with great music! Safe for non swimmers.

**WATER CIRCUIT** 45 minute full-body water workout. Great music. All abilities are welcome.

**YIN YOGA** Slow paced with postures held for longer periods of time. Deep stretching that releases tension in your muscles, ligaments, and joints.

### **ZUMBA!® COMBO**

Zumba® is combination of dance and fitness moves done to a background of exhilarating, international rhythms. In this combo class, each dance song will be followed by a strength component song using hand weights targeting specific muscle groups. Class participants must be 13 years or older, 13-15 years olds must be accompanied by an adult caregiver.

### **FITNESS PROGRAMS**

**FITNESS EQUIPMENT ORIENTATION:** Are you new to MCC? Knowing how to use the fitness equipment is the key to a great work-out. Certified Personal Trainers will help you get acclimated to the equipment. Pre-registration required. Cost: \$10.

**KID LIFTING CERTIFICATION:** Kids ages 12-15 are required to take this one-time class to gain full access to the MCC's fitness area. Participants work with a Certified Personal Trainer and learn how to safely use the fitness equipment, proper techniques, and gym etiquette. Pre-registration required. Cost: \$15.

## **Group Fitness Class Participant Information**

### **General Class Information**

- Reservations are recommended at least 12 hours in advance but no more than 7 days in advance. Please commit to your reservation. We understand that life happens, so if you need to cancel, please cancel at least 24 hours before your reservation to allow an open spot for someone else.
- 2 or more uncanceled absences will result in membership being inactivated.
- Classes will take place in the Warehouse, Gymnasium, Mississippi Room, Pool, Prairie Center or outdoors.
- Class minimums & maximums vary depending on the format.
- Class may be canceled by MCC if less than 5 participants are enrolled.
- Supervised Play is available during scheduled times for participants needing a place for their kids.
- Do not come to class if you are not feeling well.
- Contact us if you are not able to cancel online at 763-295-2954.

### **Participating in a Class**

- Check-in at Guest Services then proceed directly to the class location.
- Check-in with the instructor, your name will be on the roster.
- Bring your own water bottle. In addition, please bring your own mat, towel or blanket for floor exercises.
- Sanitize hands before touching equipment.
- Bring equipment to your spot as indicated by the instructor.
- After class, participants will spray down and wipe equipment and floor with paper towels provided.
- Participants will move equipment back to the storage areas.