

# CCC Drop-In Group Fitness Class Schedule

May 2022

Monday
<b>Body Work</b> 5:15-6:00am / Erin
<b>SS® Classic</b> 8:30-9:15am / Carisa
<b>SS® Yoga</b> (Fitness Studio) 8:30-9:15am / Nancy
<b>TBC (Total Body Conditioning)</b> 9:30am-10:30am / Andrea
<b>Hatha Yoga</b> (Fitness Studio) 9:30-10:30am / Nancy
<b>Fit Rx</b> 10:45-11:30am / Sarah B.
<b>Strength Circuit</b> 5:00-5:45pm / Liz
<b>Zumba®</b> 6:00-7:00pm / Maria
<b>Flow Yoga</b> 7:15-8:15pm / Theresa

Tuesday
<b>Cycle 45</b> 5:45-6:30am / Theresa
<b>AOA Cardio Mix</b> 8:30-9:15am / Gina
<b>SS® Classic</b> (Fitness Studio) 9:30-10:15am / Jennifer
<b>Strictly Strength</b> 9:30-10:30am / Sarah D.
<b>Turbo Kick Express</b> 10:45-11:30 / Missy
<b>*SAIL</b> (Fitness Studio) 10:45-11:30 / VOA
<b>SS® Splash</b>  11:00-11:45am / Carisa
<b>Boot Camp</b> 5:00-6:00pm / Kelly

Wednesday
<b>Body Work</b> 5:15-6:00am / Liz
<b>SS® Classic</b> 8:30-9:15am / Carisa
<b>Zumba® Gold</b> (Fitness Studio) 9:30-10:15am / Sarah B.
<b>HIIT Sculpt</b> 9:30-10:30am / Missy
<b>Fit Rx</b> 10:45-11:30am / Sarah B.
<b>Yoga Sculpt</b> (Fitness Studio) 11:30-12:30pm / Linda
<b>Zumba®</b> 6:00-7:00pm / Maria
<b>Gentle Yoga</b> 7:15-8:15pm / Maria

Thursday
<b>Cycle 45</b> 5:45-6:30am / Tracy
<b>SS® Yoga</b> 8:30-9:15am / Nancy
<b>SS® Classic</b> (Fitness Studio) 9:30-10:15am / Jennifer
<b>Cycle &amp; Core</b> 9:30-10:30am / Sarah D.
<b>Strength Circuit</b> 10:45-11:30 / Missy
<b>SS® Splash</b>  11:00-11:45am / Sarah B.
<b>Core Training</b> 5:40-6:00pm / Traci
<b>HIIT Sculpt</b> 6:00-6:45pm / Traci
<b>Vinyasa Yoga</b> 7:00-8:00pm / Tracy

Friday
<b>SS® Classic</b> 8:30-9:15am / Jennifer
<b>Barre Blend</b> (Fitness Studio) <b>9:30-10:15am</b> / Sarah B.
<b>TBC (Total Body Conditioning)</b> 9:30-10:30am / Andrea
<b>Fit Rx</b> 10:45-11:30am / Sarah B.
<b>*SAIL</b> (Fitness Studio) 10:45-11:30 / VOA

Saturday
<b>Zumba Toning®</b> 8:00-9:00am / Maria
<b>Flow Yoga</b> 9:15-10:15am / Theresa

## Please Note:

- Classes are held on a first come, first serve basis.
- Studio doors open **10 minutes** prior to class start time.
- Classes listed are *included* in CCC membership. Non-member fee - daily admission.
- To receive Group Fitness notifications, please subscribe to **Notify Me®**. Go to <https://www.chaskamn.com/list.aspx> and select Chaska Community Center Fitness to receive notifications.
- Have Facebook and are a CCC Member? Ask to join our **CCC Group Fitness Facebook** page where you can find over 100+ virtual classes taught by CCC instructors.

Schedule is subject to change at any time due to instructor availability and/or class attendance  
Classes are held in the Wellness Studio unless noted elsewhere.

Key
 = Water Aerobics
Low Impact / Active Older Adults



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**AOA Cardio Mix:** This class is geared towards active older adults. You will work on cardiovascular endurance using interval training and dance moves. Easy on the joints and uses low & moderate intensity moves.

**Barre Blend:** a fusion of ballet, yoga, Pilates, and strength training with an emphasis on body awareness, flexibility, and correct posture. This combination of movements will create long, lean, and strong muscles. All movements will be low impact while maintaining a steady muscle burn.

**Body Work:** A full hour of muscle strength and endurance training to tone and shape your body. No fancy choreography here, just challenging body work!

**Boot Camp:** An interval training class that mixes calisthenics and body weight exercises with cardio & strength training. With a new workout every time!

**Core Training:** A quick 20 minutes targeting your entire torso, including back and core muscles. This class is a wonderful complement to all group fitness classes.

**Cycle 45:** A low-impact indoor cycle class that is great for the novice, as well as the competitive tri athlete! Increase your aerobic/anaerobic capacity, burn calories and jump-start your metabolism.

**Cycle & Core:** Intervals of cycling and off the bike core exercises will help you get an amped cardio and core workout!

**Fit Rx:** This recreational class is for ANYbody (beginners to AOA's) wanting lower-impact, with moderate to intermediate exercise intensity levels. Class will incorporate weights, aerobics and stretching to directly improve all aspects of physical fitness.

**Flow Yoga:** This class uses postures and stretches in combination with the breath to develop flexibility and relaxation. Paying special attention to proper alignment of the body to bring balance, strength, and calmness into our lives. All levels welcome.

**Gentle Yoga:** This class uses breathing techniques and yoga postures/ stretches to promote physical relaxation, balance and flexibility. Guided visualization is used throughout this practice to support mental health. The class ends with a 10–15-minute guided meditation. All levels welcome.

**Hatha Yoga:** This yoga practice is a gentle hatha flow, friendly for those with wrist or shoulder issues. There are no sun salutations or vinyasas in

this practice, just strong steady flow from posture to posture with focus on strength, openness, stillness, awareness and breath.

**HIIT Sculpt:** In this high intensity full body workout you will move at a rate that is ideal for calorie burning. With a mix of body weight exercises, cardio moves and strength training, you can expect to be challenged in a different way each class!

**\*SAIL (Stay Active and Independent for Life):** This FREE exercise program is for older adults. This format is geared towards those wanting lower intensity exercise (vs SilverSneakers formats). Classes are led by RSVP Program through Volunteers of America. **Registration is required!**

**SS® Cardio Fit:** This SilverSneakers® class is an advanced class for active older adults. This class offers an extended low-impact aerobics section without chair support for 40 minutes. Standing stretches complete this class.

**SS® Classic:** This SilverSneakers® format is specifically for older adults. Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for seated and/or standing support.

**SS® Splash:** This SilverSneakers® format utilizes the physical properties of the water to enhance agility, range of motion and cardio vascular conditioning while using a water tools to develop strength, balance and coordination.

**SS® Yoga:** This SilverSneakers® format is geared towards active older adults. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

**Strength Circuit:** In this workout you will cycle through several exercises targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance.

**SS® Yoga:** This SilverSneakers® format is geared towards active older adults. Move your whole body through a complete series of seated and standing yoga poses. Chair support is used to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation are included.

**Strength Circuit:** In this workout you will cycle through several exercises targeting different muscle groups with minimal rest in between. The result is a workout that taxes your muscular strength and endurance.

**Strictly Strength:** This class is for anyone who wants to develop muscular strength and endurance. We will hit every major muscle group using a variety of resistance equipment (balls, bands, barbell, weights).

**TBC (Total Body Conditioning):** Get the best of both worlds; muscle strength and endurance and cardiovascular endurance. Class will also include balance and core work for a well-rounded workout.

**Turbo Kick Express:** Bring the energy! This highly choreographed, fast-pace cardio kickboxing class incorporates athletic drills and intensity intervals. Prepare to SHOCK your body with advanced cardio conditioning!

**Vinyasa Yoga:** This practice includes a warm up, sun salutations and other Vinyasa sequences. Prior knowledge of poses help students ease into this challenging yoga practice.

**Yoga Sculpt:** Yoga Sculpt is a unique combination of power yoga and strength training designed to create a full-body workout. Combining traditional yoga poses and principles with strength training and hand weights, this high-intensity workout will leave you feeling stronger, refreshed and uplifted.

**Zumba®:** Zumba is perfect for everybody and every body! Each class is designed to bring people together to sweat it out. Combining all elements of fitness - cardio, muscle conditioning, balance and flexibility. Enjoy boosted energy and a serious dose of awesome each time you leave class.

**Zumba® Gold:** is a lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

**Zumba® Toning:** This class focusses on strength training exercises within Latin-infused Zumba moves. Toning sticks or 1–3-pound weights are used on a circuit training. This creates a higher calorie burn than strength training alone. This class is perfect for someone who's never done weight lifting or participated in a class in which weights are used.