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Zimmerman Group Fitness Schedule Fall 2021

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All classes will run 45minutes, participants are asked to sanitize equipment before and after classes.

Club Phone Number: 763 - 856 - 4200

Club Hours: Monday to Thursday 5:00am to 11:00pm, Friday 5:00am to 10:00pm Saturday & Sunday 7:00am to 9:00pm

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Studio							
7:45 am	Yoga Polly	Step Polly	TBC Polly	Line Dance Polly	Instructor Choice Polly		
9:00 am	POWER Flex Tami	CSI Heather	Silver Sneakers Polly	POWER Flex Heather	Boot Camp Alli/Tracy	Step Mix Tami	
10:00 am						Group Strength Tami	
10:15 am	Be Fit Tami	Mindful Yoga *strength Kim		Mindful Yoga *balance Kim			
4:30 pm							POWER Flex Lori
5:30 pm	POWER Flex Tami	Core X Tami	Group Strength Tami	POWER Flex Tami			
6:30 pm	Kickboxing Tabitha	Zumba Misty	Step Tami	Zumba Misty			
Pool							
9:00 am		Aqua Interval Kim		Aqua Fit Polly			
6:30 pm	Aqua Fit Polly		Aqua Zumba Misty				

Note: Schedule is subject to change with short notice due to low attendance or inclement weather conditions.

Class Descriptions

If you are new to fitness, let the instructor know so they can help set you up to get the most out of the class.

Group fitness offers something for everyone at every level.

It will always take a few classes to get comfortable, DON'T GIVE UP!!! We are here to help you succeed!

Strength/Cardio

- **POWER Flex:** Strength training at its most enjoyable! Guaranteed to leave you feeling strong and accomplished.
- **TBC: Total Body Conditioning:** Free Style class that may include sequences from STEP, Insanity® and P90X® focusing on cardio and strength for your entire body.
- **Step:** Choreographed class using platform step and risers.
- **Kickboxing:** Martial arts inspired class with kicks, punches and toning.
- **CSI:** Cardio Strength Interval
- **Zumba®:** Latin Inspired dance fitness class.
- **Line Dancing:** Take it to the club with step by step cardio line dancing!
- **Group Strength:** Focus on full body strength! Class will utilize weights, bands, fitness balls and other "fun toys" to guide you a full strength experience. Cardio segments will be incorporated.
- **CORE X:** It's all about the core! Not just abs but all your core supporting muscles will be challenged with unique weekly workouts.
- **Boot Camp:** Instructed by Certified Personal Trainers, Bootcamp uses circuit interval training to build strength and endurance through resistance training, body weight exercises and cardio conditioning.
- **Instructor Choice:** Will it be step? Maybe line dance? Yoga to kick off the weekend? Stay tuned, instructor Polly will announce the Friday format each Thursday evening on the Zimmerman Fitness Evolution Facebook page.

Attendance card needed for class:

Check in and pick up only your card at the front desk for class. We do not reserve spots ahead of time, you may not pick up a card for another participant.

Mind & Body

- **Yoga:** Traditional yoga focusing on flexibility, toning, and breathing. Ends with relaxation.
- **Mindful Yoga:** This yoga class will make adaptations for all fitness levels and abilities. Class begins seated, then works to standing poses/flows then back down to the floor. You will be guided through stretches, strength work and relaxation. Chairs will be used as tools, don't let that fool you, plan to get a great yoga fitness workout. Adaptions will be made for all levels.
***Tuesday will focus on strength, Thursday will focus on balance**

Active Older Adult

- **BE Fit/Silver & Fit®:** Works flexibility, joint stability, balance, coordination, strength and cardiovascular endurance. Modifications will be made for any fitness level.
- **SS Classic®:** Designed to increase muscular strength, flexibility, and activity for daily living skills. w/Chairs.

Aquatic

- **Aqua Fit:** A class for all levels that works your full range of motion with easy to follow choreography.
- **Aqua Interval:** Timed intervals of work and rest focusing on cardio and strength. Aqua Pilates and Yoga will also be incorporated into the class. All levels welcome, music will be used in class
- **Aqua Zumba:** Latin Inspired dance fitness class. choreographed for the pool, music will be used.