

# GROUP X

# Chaska Community Center

Group Fitness Classes - FALL 2009 begins Sept 8

<b>Aqua Challenge</b>	An intense workout with little stress to your joints. Challenge your body with choreography, interval training and plyometrics in our pool. Both shallow and deep water exercises combine for a total body challenge. Returns in the fall!
<b>Body Work</b>	A full hour of muscle strength and endurance training to tone and shape your body. No fancy choreography here, just challenging body work!
<b>CYCLE</b>	Enjoy a goal oriented 45-60 minute cardiovascular workout on our LeMond RevMaster stationary bikes. Cycling classes are inviting to both male and female participants who are looking for continuous cardio training and a high calorie burn.
<b>CYCLE/Strength/Yoga</b>	Get a great 30 minute cardiovascular workout on our LeMond Revmaster indoor cycles followed by 30 minutes of strength work or yoga off the bike.
<b>Fit Yoga</b>	Fitness yoga is a non-purist yoga class designed for mainstream fitness providers. Yoga postures, pilates movements and stretching integrate mind and body for total strength, conditioning and flexibility.
<b>Kettlebells</b>	Five rounds of five exercises in 30 minutes. A quick and INTENSE workout that requires strong core muscle engagement. <b>Bring your own Kettlebells(2) and lifting gloves.</b> (\$3 Member/\$4 NonMember)
<b>Mat Pilates</b>	Focus on building strength, improving flexibility and agility for an overall balanced body. Build a strong core and lean muscles to improve your athletic ability and ward off injury.
<b>Rock Your CORE</b>	A quick 20 minutes of strength and flexibility exercises for the core muscles of your torso. A little rock music and a lot of work! Every Tuesday/Thursday at 11:45am. FREE!
<b>Seniorcize</b>	A low impact class with seniors in mind. Sitting or standing, you will work upper and lower body muscles with hand weights, resistance bands, tennis balls, balance tools and hula hoops! Seniors will also explore mild cardio challenges while focusing on daily life functionality- safe stair stepping and brisk walking. This class is full of variety for active seniors!
<b>SilverSneakers SS-MSROM</b>	A class 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. Hand-held weights, elastic tubing with handles and a ball are offered for resistance, and a chair is used for seated and/or standing support.
<b>SilverSneakers SS-Cardio Circuit</b>	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing and a ball is alternated with non-impact aerobic choreography.
<b>SilverSneakers SS-Cardio Fit</b>	An advanced class for Active Older Adults. This class offers an extended low-impact aerobic section without chair support - about 30 minutes. Then we use the chair to assist in getting up and down from the mat for the strength conditioning portion, about 15 minutes. Follow up with stretch and a short relaxation!
<b>SilverSneakers SS-Splash</b>	SilverSplash utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning while using a kickboard to develop strength, balance and coordination. No swimming ability is required for SilverSneakers participants to get wet, be strong and meet new friends.
<b>SilverSneakers SS-YogaStretch</b>	Move your whole body through a complete series of seated and standing 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 a final relaxation will promote stress reduction and mental clarity.
<b>Step/Strength</b>	This interval class combines a build up of step choreography with resistance exercises using weights, bands and stability balls. Challenge your cardiovascular system and strength in this hour long workout.
<b>Total Body Conditioning TBC</b>	Combines continuous cardio training with muscle strength and endurance movements. Intensive activity is cycled with built in recovery periods of muscle work in an easy to follow workout. Using a variety of equipment including steps weights, balls and bands, this class suits those with busy schedules who need to maximize workout time.

Group Fitness Classes \$4.25 Member/\$5.25 NonMember

Kettlebells \$3Member/\$4 NonMember

FREE for Premier Members