

GROUP FITNESS CLASSES

Call for information: 651.490.4750

SPRING SESSION *April 1 – June 9*

Welcome to Shoreview's group fitness classes. The Shoreview Parks and Recreation Fitness program boasts the best equipment in the industry with two state-of-the-art fitness studios. Our classes utilize high-quality resistive equipment, and new, innovative program offerings. Our instructors are nationally certified and follow the standards and recommendations of nationally accredited fitness organizations.

Shoreview is committed to providing fitness opportunities for individuals of all ages, fitness levels, and health status. Most fitness classes are suitable for everyone, but there are also class options available for beginners and those looking for classes of lower intensity levels. Please feel free to call to find out which classes best suit your needs – 651.490.4768. All classes are 50-60 minutes unless otherwise indicated,

DROP-IN RATES

Drop-in passes allow you to attend a class.
Drop-in schedule will be available the first week of classes.

Drop-in Rate
\$10; \$9 Shoreview Resident

MIND/BODY CLASSES

Fitness Pilates

We take Joseph Pilates principles to the floor in this incredible core workout! With focus to awareness, detail and movement with each exercise, your core (The Powerhouse) will gain amazing strength. Props may be used. All fitness levels are welcome.

Hatha Yoga

Hatha encompasses all yoga. Build flexibility, strength and balance through a comprehensive exploration of the discipline of yoga. Each class will cover a variety of asana (poses) that will help you improve muscle tone and mobility in various parts of the body, while reducing stress. Hatha Yoga is suitable for all age and all skill levels. This class will allow you to embrace the concepts of optimum energy flow and mindfulness through movement.

Heated Yoga

Hot Yoga is an intense practice that will move you through powerful and aggressive postures and/or series. This practice is meant to detoxify the body, build strength and burn calories through movement, breath, and heat. Designed for intermediate to advanced levels. Class temp range is 85-95 degrees. Intermediate to advanced fitness levels welcome.

Power Yoga

A fitness-based approach to Vinyasa style flow. Students will focus on linking conscious breath with a vigorous and mindful flow. In a power yoga class, participants will build strength, flexibility and concentration while cleansing the body and calming the mind. All fitness levels are welcome.

Stretch and Balance

A beneficial blend of balance exercises and static (holding) and dynamic (moving) stretches. All fitness levels are welcome.

Tai Chi

Tai Chi utilizes the complementary energies of Yin and Yang to cultivate wellness for the whole being. Simple yet profound, Tai Chi exercises foster clarity and focus for the mind, vitality and power for the body, as well as balance and peace for the spirit.

Yin/Restorative Yoga

This grounding practice will provide fewer postures which you will hold for longer periods of time, allowing you to focus on breathing into the connective tissue (fascia) that surrounds the joints in the body. A perfect complement to yang-style practices like yoga sculpt and power yoga and cardio such as biking and running. All fitness levels are welcome.

Yoga Basics

Yoga Basics is a potent alignment-oriented practice that emphasizes the forms and actions within yoga postures. This class is based on physical postures (asanas), deep breathing, mindfulness and listening to the body. A slower paced class that focuses on fundamental postures. Great class for beginners or for one seeking a modified (gentle) yoga class option! All fitness levels are welcome.

Yoga/Pilates Fusion

The perfect combination of Pilates and Yoga! Receive the benefits of core training, muscle contraction and lengthening, isometric holds, balance postures and mind/body awareness. All fitness levels are welcome.

Yoga Sculpt

Yoga sculpt is the fusion of vinyasa yoga and strength endurance training. This unique and intense workout incorporates hand weights and is designed to tone and shape your body. Build stamina through a series of squats, lunges, crunches, plank holds, cardio work, balancing postures, and stretching. Music is a central influence to this practice and is used to create an upbeat and energetic atmosphere. All fitness levels are welcome.

CARDIO/STRENGTH CLASSES

60/40

This class equals a 100% overall great workout! The first 60% of the class is cardio which will be either hi/lo impact cardio, or step or kickboxing or dance and then followed by the remaining 40% of class time to execute effective resistance exercises. Class will be listed as 60/40 Cardio Floor, 60/40 Step, 60/40 Kickboxing, or 60/40 Dance. All fitness levels are welcome.

Barre Principle

Essentially, our barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body. All fitness levels are welcome.

Cardio Kickboxing

A dynamic and energetic class that combines kicks, punches and blocks. This athletic based class is easy to follow but provides a hard/challenging workout. Get in on this popular class! All fitness levels are welcome.

Cycle Rave

We peddle to the music and that's it! Experience a fun, crazy party on your bike! You will be amazed at the workout you will get. The lights, the music and the video screen all enhance the overall party experience! All fitness levels are welcome.

Cycle Training

This class is the ideal tool to help compliment the outdoor cyclist. Doing hills, sprints, flat roads while using time, speed and/or distance drills, this workout will help increase your overall performance in speed, power and endurance. A great workout for the avid cyclist but also for the fitness enthusiast! All fitness levels are welcome.

Dance Jam

Let's get funky! Dance your heart out and let the music and rhythms take you away! Express yourself while getting an amazing workout! Class format varies via the instructors background/style. All fitness levels are welcome.

Fundamental Combo

This class incorporates low impact cardio followed by basic strength training exercises. Beginner to intermediate fitness levels are welcome.

The Groove

Okay dancers, here you go! In this choreographed class you will learn one awesome dance routine. You will be amazed at the great workout you get while you get your "groove" on! Don't forget to bring your smile and attitude! All fitness levels are welcome

H.I.I.T. (High Intensity Interval Training)

This class showcases interval training, intervals of extreme cardio and/or resistance exercises for a designated amount of time followed by a short recovery period. What a great, highly intense workout! All fitness levels are welcome.

Kettlebell Training

Transform your body with kettlebell exercises that develop strength, power and stamina. The kettlebell class fuses exercises using kettlebells and conditioning drills to provide a total body workout that will leave you feeling strong! All fitness levels are welcome.

Power Pump

Power Pump is strictly a weight training class using free weights and dumbbells. This class uses different tempos for reps, higher repetitions and supersets to help build lean muscle tissue, strength and muscular endurance. All fitness levels are welcome.

Power Strength

Power strength is strictly a weightlifting class using barbells and dumbbells. This workout is designed to build muscle mass and strength. Focusing on technique, the exercises are done in multiple sets with lower repetitions so that more weight can be used/added. Watch your power and strength gains increase by doing this effective workout! All fitness levels are welcome.

The Resistance Workout

No cardio here! This class is strictly strength training exercises using various pieces of equipment and/or your own body weight. Class focuses on all major muscle groups with some added attention to detail (form/feel). Progressions can include compound exercises and functional (balance) exercises. All fitness levels are welcome.

Step Cardio

Warm up with basic step moves and then learn fun choreographed patterns, combinations and movements on an adjustable step. What a great cardio workout! All fitness levels are welcome

Total Body Workout

This workout incorporates exercises designed to enhance your agility, speed, power, strength and quickness. Equipment used may include weights, TRX (suspension training), Kettlebells, bands, benches, bosu's, cycles and mat works. The class will also elevate your heart rate as you are challenged with drills in either circuits and/or a stand-alone station. Anything goes in the fast and furious workout! All fitness levels are welcome.

Zumba®

Grooving to the beats like salsa, reggaeton, cumbia, hip hop and meringue, music feels more like a dance party than a workout, which is exactly what makes Zumba so popular! The Latin-inspired and World-inspired dance workout is one of the most popular group exercise classes around. You don't need to be a great dancer to feel welcome in a Zumba class. You will become one though! All fitness levels are welcome.

WATER OPTIONS:

The Shoreview Community Center offers a variety of water based classes to suit all ages and abilities. The pool depth is between 3 ½ feet and 4 ½ feet with the water temperature regulated for maximum comfort. All water classes are held in the Shoreview Community Center pool.

Aqua Fit

Enjoy a high energy class to help increase your flexibility, endurance, and overall muscle strength. The resistance of the water provides a whole body workout. All fitness levels are welcome.

Cardio Aqua Dance

Dance away calories and tone muscles in this energetic class! Learn fun dance moves and the water's resistance will add an extra challenge. All fitness levels are welcome.

Aqua Yoga

The supportive environment of the pool provides easier access to muscles and joints, while the quiet atmosphere allows a deeper mind/body connection. This class integrates slow fluid movements to help improve flexibility, balance, posture, and breathing. This class is 45 minutes and does not meet every week. All fitness levels are welcome. no class 4/7, 5/5.



SENIORFIT CLASSES

SeniorFIT classes are free to annual senior members and require registration. If you are not an annual senior member and would like to participate in these classes, you may purchase a Group X Card through Parks & Recreation, or a drop-in pass at the lower-level service desk the day of class. See pages 32 for Group X Card information.

SeniorFit Chair Yoga

Experience the benefits of Yoga while sitting in a chair! Some standing postures may be included in this class. Beginner to intermediate levels are welcome.

SeniorFit Strength Training

Resistance exercise executed while sitting in a chair. Come join us for a great strength training workout in a comfortable setting. Beginner to intermediate fitness levels are welcome.

SeniorFIT Aqua Exercise

Use the water's buoyancy to help reduce pressure on your joints in this low-impact class as you increase your cardiovascular health, flexibility, and range of motion. Swimming ability is not required. All fitness levels are welcome.

SPRING SESSION April 1 – June 9

MONDAY		Activity #
8:30 am	SeniorFIT Strength Training with Sarah	210161-01
10 am	SeniorFIT Chair Yoga with Wanda	210163-01
TUESDAY		
8:15 am	SeniorFIT Aqua Exercise with Fran	210162-01
8:30 am	SeniorFIT Chair Yoga with Katie	210163-02
10 am	SeniorFIT Strength Training with Bridget	210161-02
WEDNESDAY		
8:30 am	SeniorFIT Chair Yoga with Gretchen	210163-03
1 pm	SeniorFIT Strength Training with Wanda	210161-03
THURSDAY		
8:30 am	SeniorFIT Strength Training with Bridget	210161-04
FRIDAY		
8:15 am	SeniorFIT Aqua Exercise with Fran	210162-02
8:30 am	SeniorFIT Strength Training with Perry	210161-05
10 am	SeniorFIT Chair Yoga with Adrienne	210163-04