



# Fitness Center

**PUBLIC SERVICE BUILDING**

## MAY GROUP FITNESS CLASS SCHEDULE

<b>Monday</b>	7:00-7:45 AM	Rise and Lift	Onsite and Virtual
	11:15 - 11:45 AM	Ladies that Lift	Onsite and Virtual
	NOON - 12:45 PM	Butts and Guts	Onsite and Virtual
<b>Tuesday</b>	4:30 - 5:15 PM	Circuit and Core	Onsite
<b>Wednesday</b>	11:15 - 11:45 AM	Ladies that Lift	Onsite and Virtual
	NOON - 12:45 PM	Circuit and Core*	Onsite
	NOON - 12:45 PM	Zumba with Marina*	Onsite
	4:30 - 5:30 PM	Yoga w/ Gabrielle	Onsite
<b>Thursday</b>	NOON - 1:00 PM	Yin Yoga	Onsite and Virtual
	4:00 - 4:30 PM &	HIITing Kettlebells	Onsite
	4:30 - 5:00 PM	HIITing Kettlebells	Onsite
<b>Friday</b>	7:00-7:45 AM	Rise and Lift	Onsite and Virtual
	NOON - 12:45 PM	Shoulders, Core & More	Onsite and Virtual

\*Circuit and Core on Wednesdays will be May 1st, 8th, 15th

\*Zumba is May 22nd and 29th.

All virtual classes are on Microsoft Teams.

Classes are subject to change. All classes are onsite with some having capability of being virtual. If you need other times/classes please reach out.

**Questions? Contact [Jordan.Buddenhagen@minneapolismn.gov](mailto:Jordan.Buddenhagen@minneapolismn.gov) or call/text 612-716-4273**

# CLASS DESCRIPTIONS

## **Rise and Lift**

Wake up and get your lift on! This class will test your limits with different types of lifting methods. All moves will be low impact.

## **Butts and Guts**

Highly scalable and adjustable for members with injuries and those who need options. Butts & Guts features strength training, cardio and core exercises with reasonable rest periods to improve your strength and improve mechanics. Butts and Guts ... deceptively challenging workouts that you will feel for days.

## **Circuit and Core**

Circuit training is a fast-paced class in which you do one exercise for 30 seconds two times and then move on to another exercise. This will give attention to all major postural muscles and trigger a tabata like effect activating both fast and slow twitch muscle fibers. You will be sure to sweat!

## **Zumba with Marina**

Come dance with Marina! She is the owner/founder of Arena Fitness Health club. She will be teaching Zumba at the fitness center. You will burn lots of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it all is that it does not even feel like exercise!

## **Ladies that Lift**

The Women ERG and the City of Minneapolis are teaming up to create a 4-week strength training program for the month of March. Ladies that Lift is designed with the purpose of teaching proper form, technique, and execution of strength training movements, while empowering participants to build confidence in themselves.

## **Yin Yoga w/ Chloe**

A 50-minute immersive yin yoga class with emphasis on meditation and focusing on breath, magic, and body sensation. The session will end with metta meditation which gives you time to focus on gratitude and love.

## **Yoga w/ Gabrielle**

Gabrielle Roberts, owner of 612jungle leads classic vinyasa yoga movements fully guided to music. You don't need to have previous experience with yoga, just come and try it out. Every body looks and moves differently, it is all about taking an hour to slow down and get connected to your breath.

# CLASS DESCRIPTIONS

## **Shoulders, Core and More**

Another class that will have the option to be bodyweight or with DBs, Shoulders, Core and More will help us shape and tone our entire body. Exercises and sets will be efficient and effective. The class will offer unique challenges and opportunities to help achieve the results we want!

## **HIITing Kettlebells**

A class designed to be fun, electric and mostly done with Kettlebells. It will be a fast paced, timed interval training class that will keep the heart rate and energy high! No experience is necessary with a kettlebell to attend class.