



## Zimmerman Group Fitness Schedule

Effective 12/1/2025

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

**Kids Club Hours:** Monday – Saturday 8:30am–12:00pm, Monday-Thursday 4:00pm-8:00pm

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Studio</b>							
7:45 am		<b>Yoga</b> Polly	<b>Step</b> Polly	<b>TBC</b> Polly	<b>Line Dance</b> Polly		
9:00 am		<b>STRONG</b> Tami	<b>TBC</b> Heather	<b>Yoga</b> Polly	<b>STRONG</b> Heather	<b>TBC</b> Tracy	<b>STEP</b> Tami
10:15 am		<b>Silver Sneakers</b> Diane	<b>Mindful Yoga</b> Kim	<b>Silver Sneakers</b> Diane	<b>Mindful Yoga</b> Kim	<b>Gentle Flow Yoga</b> Kim	<b>TBC</b> Tami
4:30 pm	<b>STRONG</b> Jenni						
5:30 pm		<b>TBC</b> Misty		<b>HIIT 30mn</b> Jenni			
6:00 pm			<b>STRONG</b> Jenni		<b>STRONG</b> Tami		
6:30 pm		<b>Zumba</b> Misty		<b>Zumba</b> Misty			
<b>Pool</b>							
9:00 am			<b>Aqua Interval</b> Kim		<b>Aqua Fit</b> Polly	<b>Aqua Mix</b> Kim	
6:00 pm		<b>Aqua Fit</b> Tami		<b>Aqua Interval</b> Tami			



**Note:** Schedule is subject to change with short notice due to low attendance, instructor changes 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

- **STRONG:** Strength Training Revolution Optimizing Natural Growth! Strength training at its most enjoyable! Guaranteed to leave you feeling strong and accomplished. Class format will include all strength sections with active warmup and relaxing cooldown segments.
- **TBC:** Total Body Conditioning: Free Style class that may include sequences from STEP, Boot Camp, Tabata, circuits and intervals focusing on cardio and strength for your entire body.
- **Step:** Choreographed class using platform step and risers.
- **HIIT:** High Intensity Interval Training, come ready to sweat, move and get it done in 30 minutes!
- **Zumba®:** Latin Inspired dance fitness class.
- **Line Dancing:** Take it to the club with step-by-step cardio line dancing!

### Aquatic

- **Aqua Fit:** A class for all levels that works your full range of motion with easy-to-follow choreography.
- **Aqua Interval:** Timed intervals or circuits 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 Mix:** Class will a mixture of any of the formats above.

### 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.
- **Gentle Flow:** A gentle moving yoga with not too many ups and downs. Class will end with relaxation. Modifications for all levels.
- **Vinyasa Flow:** Link breath and movement to create flowing invigorating yoga sequences. Finish with quiet relaxation.

### Active Older Adult

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

#### Attendance card needed for class:

Check in and pick up 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.