



Fitness Programs

A variety of adult group fitness classes are offered at the Shakopee Community Center and MS/JH Pools. Classes are professionally taught in a comfortable setting with safety and fun in mind. No pre-registration required. Just scan your membership, show your punch card at the front desk, or pay per visit when you check in at the front desk. Body bars, hand weights, Resist-a-balls, resistance bands, mats, and water noodles are provided. Please consult with your physician prior to beginning any new exercise program. The fitness classes are ranked according to degree of difficulty. Use the descriptions below to help find the class that's right for you. Space in some classes is limited.

Silver Sneakers® Muscular Strength & Range of Motion (MSROM)

Experience fun, fitness, and friends in this class focusing on increasing muscular strength and range of motion allowing for ease of daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. Athletic shoes must be worn.

Silver Sneakers® Cardio Circuit

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 with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support. Athletic shoes must be worn.

Silver Sneakers® Yoga Stretch

Yoga Stretch will move your whole body through a complete series of seated and standing yoga 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.

Muscle Conditioning

Experience personal training in a group setting. This drop in class will surely increase your muscular endurance and help you to tone and strengthen. Classes will meet on a drop-in setting outside of the fitness area.

Body Sculpt

Feel the burn as you challenge your major muscle groups using a variety of resistance training and tools. This class uses basic moves with options for all fitness levels. Participants will build lean muscle mass, tone, and lose inches.

Boot Camp/Athletic Conditioning

This class is designed to challenge the athlete inside of all of us. You set the pace as we enjoy everything from running and athletic drills to obstacle courses and muscle conditioning. No complicated choreography—just loads of endurance, agility and strength building athletic intervals. Boot Camp will get you feeling stronger with noticeable results. Both men and women are encouraged to attend and is a great opportunity for spouses/partners to exercise together.

Yoga

Create a mind/body connection with yoga. This more traditional yoga class in the Hatha style will focus on breathing, flexibility, balance, alignment and relaxation. Learn a variety of basic yoga poses and postures while increasing muscle strength. This gentle class is appropriate for the beginner, or for those who appreciate a yoga class which moves at a slower pace.

Kettlebell

Kettlebell will enhance your training program by building strength and lean muscle mass. It will also help you to maintain maximum flexibility, power, and endurance. This class will challenge you through a series of weight and cardio exercises with the use of the Kettlebell.

Zumba

ZUMBA is a fusion of Latin and International music-dance themes creating a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as glutes, legs, arms, abdominals and the most important muscle in the body, the heart.

Cycling

An interval class on industrial-strength stationary bicycle set to motivating music. It is great for everyone at all levels, from the beginner to the advanced athlete, as the resistance and pace can be modified by the individual participant. It's high-energy, motivating, and great calorie-burner without the impact. It's just you and the bike!

Barbell Strength

Strengthen, tone, and define your entire body in this group strength training class that is designed to increase muscular endurance and strength while accommodating all fitness levels.

Water Aerobics

Water aerobics is a safe and effective way to strengthen your heart, tone your muscles, and burn calories with minimal impact on your joints. This class is appropriate for all levels of participants as moves can be modified to fit the participant.

Class Fees

Resident	\$5/class
Non-Resident	\$7/class
Punch Card	\$60 (15 classes)
Seniors Punch Card	\$45 (15 classes)
SCC Members	Free

****Please pick up a current fitness schedule at the Community Center or visit us at www.ci.shakopee.mn.us/Park & Rec/Community Center/Fitness Schedule****