

Downtown Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 am		Cycle (CS) Lisa		Cycle (CS) Dawn	
9:00 am	Beginning Yoga (A) Camilla/Bonnie	Beginning Yoga (A) Bonnie		Beginning Yoga (A) Marie	
10:00 am	Fit & Tone (A) Camilla/Bonnie	Cardio Dance (A) Bonnie	Fit & Tone (A) Camilla	Cardio Dance (A) Marie	Fit & Tone (A) Theresa
11:15 am	Silver Sneakers® Yoga (A) Theresa	Silver Sneakers MSROM® (A) Marie	Silver Sneakers® Yoga (A) Camilla	Silver Sneakers MSROM® (A) Theresa	
12:00 pm			Fitness Yoga (A) Aldrin		
12:15 pm	BODYPUMP® Express (G) Kathleen	Cycle Express (CS) Bonnie		Cycle Express (CS) Joe	BODYPUMP® Express (G) Renee
5:00 pm	Core Fit Express (A) Tim	Fitness Yoga (A) Stephanie	Core Fit Express (A) Tim	BODYFLOW® (A) Maria	Salsa Aerobics (A) Diane
5:30 pm	Beginning Yoga (A) Shadee Cycle (CS) Dawn	Chisel! (G) Bonnie	BODYFLOW® (A) Margie Cycle (CS) Tim	Chisel! (G) Lauren	
6:00 pm		Essential Pilates (A) Stephanie			

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am	Cycle (CS) Lauren	
11:00 am	BODYFLOW® (A) In-Fin	BODYFLOW® (A) Lisa

Location: A = Studio A, CS = Cycle Studio, G = Gym

Downtown Water Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 am	Aqua Deep Anne	Silver Sneakers® Splash Theresa	Aqua Shallow Anne	Silver Sneakers® Splash Theresa	
11:00 am					Aqua Depth Combo Theresa
5:00 pm	Aqua Power Margaret		Aqua Power Margaret		
6:00 pm		Aqua Cycle Irene		Aqua Cycle Yira	

WEEKEND

TIME	SATURDAY	SUNDAY
9:00 am	Aqua Shallow Rose	
12:00 pm		Aqua Depth Combo Rose

Downtown Group Fitness Coordinator (612) 215-4152

Additional Schedules can be found in **The Source**. *Information on this schedule is subject to change without notice.*