

**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) Lisa B.            |                                    |                           |
| 12:15 pm | BODYPUMP® Express (G) Kathleen               | Cycle Express (CS) Bonnie        |                                     | Cycle Express (CS) Joe             | BODYPUMP® Express (G) TBD |
| 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<br>Cycle (CS) Dawn | Chisel! (G) Bonnie               | BODYFLOW® (A) TBD<br>Cycle (CS) TBD |                                    |                           |
| 6:00 pm  |  | Essential Pilates (A) Stephanie  |                                     |                                    |                           |

**WEEKEND**

| TIME     | SATURDAY             | SUNDAY             |
|----------|----------------------|--------------------|
| 11:00 am | BODYFLOW® (A) In-Fin | BODYFLOW® (A) Lisa |

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

**Downtown** Group Fitness Coordinator (612) 215-4205

**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 |                     |                                 |                     |                                 | Deep 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** Aquatics Coordinator (612) 215-4228

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