

Midtown Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Cycle (A) Krista	BODYPUMP® (G) Kate/Leah/ Bonnie J.	Cycle (A) Joe	BODYFLOW® (A) Kevin	Cycle (A) Bonnie
				BODYPUMP® (G) Kate/Leah	
7:00 am	Beginning Yoga (A) Krista	Cycle (A) Krista	Beginning Yoga (A) Michelle	Cycle (A) Brooke	Beginning Yoga (A) Shadee/Mi- chelle
9:00 am	BODYPUMP® (G) Diana		BODYPUMP® (G) Laurie		BODYPUMP® (G) Laurie
9:15 am	Step (A) Stacy	Triple Threat Express (A) Stacy	Bosu Cardio (A) Kelli	Turbo Kick™ (A) Krista	Step (A) Kelli
10:30 am	Silver Sneakers MSROM® (G) Franny	Silver Sneakers® Cardio Fit (G) Franny	Silver Sneakers MSROM® (G) Bonnie	Silver Sneakers® Cardio Fit (G) Franny	Silver Sneakers MSROM® (G) Franny
	BODYFLOW® (A) Ben		Experienced Pilates (A) Kelli		Pilates on a Roll (A) Kelli
11:30 am		Chisel Express (A) Carrie		Chisel Express (A) Carrie	
12:30 pm		BODYFLOW® (A) Margie		BODYFLOW® (A) Diana	
4:00 pm				Essential Pilates (C) Jill	BODYFLOW® (A) Ben
5:00 pm	Core Fit Express (A) Kristen		Core Fit Express (A) Diana		Core Fit Ex- press (A) Ben
5:30 pm	Hi Low Impact (G) Annice	Zumba (A) Leonardo	Step (A) Diana	AIT (A) Oz/Tim	Hi Low Impact (G) Annice
	Beginning Yoga Express (A) Melissa				Beginning Yoga (A) Margie
6:00 pm		BODYPUMP® (G) Jann/ Madeleine	Spanish Mat Pilates (C) Alejandra	BODYPUMP® (G) Bonnie/ Jann/Mary	
6:30 pm	A.I.T. (A) Anna/ Kristen	Cycle (A) Ben Experienced Pilates (155) Kamalar	BODYFLOW® (A) Margie	Zumba (A) Bernice	BODYPUMP® (G) Bonnie/ Leah
	BODYPUMP® (G) Deb/Jan		BODYPUMP® (G) Bonnie		
7:30 pm	Essential Pilates (A) Kamalar		Beginning Yoga (A) Shadee		

WEEKEND

TIME	SATURDAY	SUNDAY
8:00 am	Cycle (A) Melissa	Beginning Yoga (A) Shadee
	Essential Mat Pilates (155) Alejandra	
9:00 am	BODYPUMP® (G) Bonnie/ Kate	BODYPUMP® (G) Deby/Mary
	Triple Threat (A) TBD	
10:00 am		Cycle (A) Bonnie/Diana
11:00 am	Hi Low Impact (G) Annice	BODYFLOW® (A) Diana/ In-Fin
12:30 pm		Cardio Kick (A) In-Fin
4:00 pm	Essential Mat (A)	

Midtown Group Fitness
Coordinator (612) 215-4330

Location: A = Studio A, B = Studio B, C = Studio C, G = Gym, 155 = Room 155, (MSC) = Minneapolis Sports Center, (ME) = Main Entrance

Midtown Water Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 am	Aqua Power Brian		Aqua Power Brian		Aqua Power Margaret V.
8:30 am	Aqua Depth Combo Margaret V.	55+ Aqua In-Fin	Aqua Depth Combo Gayle	55+ Aqua In-Fin	Aqua Depth Combo Gayle
6:00 pm	Aqua Power Margaret V.	Aqua Deep In-Fin	Aqua Power Margaret V.	Aqua Deep Irene	

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am	Aqua Depth Combo Cathy	
11:00 am		Aqua Depth Combo Margaret V.

Midtown Aquatics Coordinator (612) 215-4340