

try it! sampler

SPECIALIZED PROGRAM SAMPLER

This Specialized Sampler gives you a test drive on Specialized Programs. Sampler session is your time to discover new fitness possibilities!

SAMPLER SESSION:

March 29 - April 3, 2010

PLUS, Attend and receive special discounts on Spring Session 1!

then
buy it!

Downtown Sampler Specialized Group Fitness Class Schedule

DAY	TIME	CLASS	LOCATION
Tuesday	5:30 pm	TRX Body Blast	Lower Level - Atrium
Wednesday	5:00 pm	Essential Reformer	Pilates Studio

Midtown Sampler Specialized Group Fitness Class Schedule

DAY	TIME	CLASS	LOCATION
Monday	6:00 am	Gladiator	Minneapolis Sports Center
Tuesday	6:00 am	Beginning Kettlebell	Studio C
	7:30 pm	Feldenkrais	Studio A
Friday	7:30 am	Gladiator	Minneapolis Sports Center
Saturday	11:00 am	TRX Boot Camp	Group Training Studio
	3:00 pm	Essential Reformer	Group Training Studio

Uptown Sampler Specialized Group Fitness Class Schedule

DAY	TIME	CLASS	LOCATION
Monday	7:00 pm	Beginning Kettlebell	Studio C
Tuesday	11:30 am	TRX Boot Camp	Fitness Floor
	6:00 pm	Alexander Technique	Studio C
Wednesday	6:30 pm	TRX Boot Camp	Fitness Floor
Thursday	6:00 pm	Gladiator	Gym

Downtown Specialized Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00 pm	Boot Camp (ATR)				
6:00 pm	Boot Camp (ATR)		Boot Camp (ATR)		

Location: (ATR) = Atrium

SPRING SESSION 1: April 5 - May 16

SPRING SESSION 2: May 17 - June 27

Registration opens March 24 for both sessions. Specialized Programs are not included in your membership, require registration and are available for an additional cost.

Midtown Specialized Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 am	Gladiator (MSC)	Beginning Kettlebell (C)	Intermediate Kettlebell (MSC)	Boot Camp (FD)	Intermediate Kettlebell (MSC)
6:30 am				Intermediate Yoga (C)	
7:00 am			Strength and Conditioning (FD)		
7:30 am					Gladiator (MSC)
4:00 pm				Intermediate Yoga (A)	
5:00 pm		Beginning Kettlebell (C)			
		Boot Camp (FD)			
6:30 pm				Intermediate Kettlebell (C)	
7:30 pm	Shotokan Karate-Do (G)	Feldenkrais (A)			

Location: (A) = Studio A, (C) = Studio C, (MSC) = Minneapolis Sports Center, (FD) = Fitness Desk, (G) = Gym

WEEKEND

TIME	SATURDAY	SUNDAY
12:00 pm	Boot Camp (FD)	
	Intermediate Yoga (A)	

Uptown Specialized Program Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 pm				Strength and Conditioning (FF)	
6:00 pm		Alexander Technique (C)		Gladiator (G)	
6:30 pm		Boot Camp (G)	Beginning Kettlebell (C)		
7:00 pm	Beginning Kettlebell (C)				

Location: (C) = Studio C, (G) = Gym, (FF) = Fitness Floor

WEEKEND

TIME	SATURDAY	SUNDAY
10:00 am		Beginning Kettlebell (C)
2:30 pm	Gladiator (G)	