

SUMMER QUARTER: June 28 - September 19, 2010

UPDATED: June 28, 2010

Uptown Group Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15 am	Beginning Yoga (A) Melissa	BODYPUMP® (G) Laurie BODYFLOW® (A) Kari	Cycle (B) Lisa B.	BODYPUMP® (G) TBD BODYFLOW® (A) Kari	Cycle (B) Maren
9:00 am	BODYFLOW® (A) Shannon			Essential Pilates (C) Mary	Step (A) Jill
9:30 am	Cycle (B) Carrie	Triple Threat (A) Diana Silver Sneakers MSROM® (G) Mary J.	Cycle (B) Carrie	Silver Sneakers MSROM® (G) Bonnie	
10:00 am	Fit & Tone (A) Bonnie/Anna		Fit & Tone (A) Wendy	Core Fit (A) Ronna	Fit & Tone (A) Bonnie
11:00 am	Total Stretch (A) Lisa BODYPUMP® (G) Laurie/Diana	Total Stretch (A) Camilla BODYPUMP® (G) Renee	BODYFLOW® (A) Diana	Total Stretch (A) Camilla BODYPUMP® (G) Bonnie	Total Stretch (A) Bonnie
12:00 pm					MS Yoga (A) Lisa
4:00 pm	BODYFLOW® (A) Sarah		Beginning Yoga (A) Renee		
5:00 pm	Core Fit Express (A) Carrie Experienced Pilates (C) Adrienne		Core Fit Express (A) Renee	BODYFLOW® (A) Sarah	
5:30 pm	Turbo Step (A) Carrie	Cycle (B) Carrie Cardio Kick (A) Cathleen BODYPUMP® (G) Jen/Nicole	Turbo Step (A) Linda	Pilates on a Roll (C) Adrienne	BODYPUMP® (G) Suzanne Experienced Pilates (C) Adrienne
6:00 pm	Chisel (G) Linda Cycle (B) Eric Barre Express (C) Maria			Triple Threat (A) Linda Cycle (B) Alex	
6:30 pm	BODYFLOW® (A) Kevin		Cycle (B) Maren Chisel (A) Linda	Center Dance (C) Maria	
7:30 pm	BODYPUMP® (G) Sarah/Ardie	Zumba (A) Leonardo	Essential Pilates (C) Anna BODYFLOW® (A) Shannon		

Location: (A) = Studio A, (B) = Studio B, (C) = Studio C, (G) = Gym, (ME) = Main Entrance

WEEKEND

TIME	SATURDAY	SUNDAY
8:00 am	Essential Pilates (C) Mary	
8:30 am		BODYFLOW® (A) In-Fin/ Kevin
9:00 am	Pilates on a Roll (C) Stephanie BODYPUMP® (G) Nicole/Jen BODYFLOW® (A) Shannon	BODYPUMP® (G) Madeline
10:00 am	Cycle (B) Eric	Core Fit (A) Renee
10:15 am	Turbo Step (A) Linda	
11:00 am		Cycle (B) Aldrin Triple Threat (A) Anna
11:15 am	Chisel (A) Linda BODYPUMP® (G) Bonnie/Laurie	
12:30 pm		Barre (C) Maria Cardio Kick (A) Cathleen

Uptown Group Fitness
Coordinator (612) 215-4205

Uptown Water Fitness Class Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Aqua Deep Margaret W.		Aqua Deep Margaret W.		Aqua Deep Margaret W.
9:00 am	Aqua Shallow In-Fin/Kathleen Aqua Deep In-Fin/Kathleen		Aqua Deep In-Fin		Aqua Shallow In-Fin/Margaret W. Aqua Deep In-Fin/Margaret W.
10:35 am		Aqua Deep In-Fin		Aqua Deep In-Fin	
11:00 am	55+ Aqua Margaret W.		55+ Aqua Margaret W.		55+ Aqua Margaret W.
6:30 pm	Aqua Depth Combo Rose		Aqua Depth Combo Rose		

WEEKEND

TIME	SATURDAY	SUNDAY
9:00 am	Aqua Depth Combo Margaret W.	

Uptown Aquatics
Coordinator (612) 215-4228