

VADNAIS HEIGHTS SCHEDULE Effective Feb. 1st, 2017

MAIN STUDIO

	M	T	W	TH	F		SAT	SUN
5:30AM		BODYPUMP <i>Jason</i>		BODYPUMP <i>Jason</i>				Intro to Step (8:15)
8:30AM	BODYPUMP <i>Rick</i>	YogaSculpt <i>Mary</i>	BODYPUMP <i>Aleshia</i>	ZUMBA® <i>CindyO</i>	STEPSCULPT <i>Mary</i>	8:15AM	BODYPUMP <i>Ken</i>	STEP (8:45) <i>Shaunn a</i>
9:45AM	ZUMBA TONE <i>Gabi/Darcy</i>	ZUMBA® <i>Cindy</i>		STEP (9:30) <i>Kimberly</i>	BODYPUMP™ (9:30) <i>Rick/Jen</i>	9:30AM	STEP <i>Kristin</i>	
10:30AM			BARRE (10:00) <i>Cindy</i>		BODYFLOW <i>Amy</i>	10:30AM	ZUMBA® <i>Cindy</i>	BODYPUMP (10:00) <i>Colleen</i>
10:45AM	TOTAL BODY FITNES <i>Becka</i>	SS BASIC <i>Cheryl</i>		SS BASIC <i>Gretchen</i>		11:45AM	BODYFLOW <i>Cambria</i>	ZUMBA®(11:15) <i>Jackie</i>
11:45AM								
4:30PM	Bodypump Exp <i>Mark</i>	STEP EXPRESS <i>Kristin/shaunna</i>	YOGA <i>Gretchen</i>	POUND <i>Theresa</i>		4:00PM		TOTAL BODY FITNES <i>Mary</i>
5:30PM	STEP <i>Kristin</i>	CORE N MORE <i>Kristin</i>	KICKBOX BLAST <i>Kristin</i>	BODYPUMP <i>Carolyn</i>				
6:15PM								
6:45PM	BODYFLOW <i>Mark</i>	BODYPUMP (6:30) <i>Cambria</i>	BODYFLOW <i>Melissa</i>	ZUMBA®(6:30) <i>Jackie</i>			please bring your own yoga mat	
7:45PM		BODYFLOW <i>Cambria</i>	ZUMBA® <i>Jenelle</i>				YELLOW SIGNIFIES CHANGE	

CYCLE STUDIO

	M	T	W	TH	F		SAT	SUN
5:30 AM	CYCLE <i>Teri</i>		CYCLE <i>Teri</i>		CYCLE <i>Teri</i>			
8:30 AM								
9:45am	CYCLE <i>Jenny</i>		CYCLE 360 <i>Jenny</i>			10:45AM	CYCLE <i>Terrence/Jenny</i>	
5:30PM	CYCLE <i>Mark</i>			CYCLE 360 <i>Theresa</i>		5:00PM		

AQUA STUDIO

	M	T	W	TH	F		SAT	SUN
9:00AM	AQUAFIT <i>Rick</i>		AQUAFIT <i>Rick</i>		AQUAFIT <i>Alice</i>			
5:30PM		AQUAFIT <i>Alice</i>		AquaZumba(6:30)			POOL RESERVED DURING CLASSES	