

Effective January 1, 2019



VADNAIS HEIGHTS - GROUP EXERCISE CLASSES (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:15 AM		Les Mills BODYPUMP <i>Jason</i>		Les Mills BODYPUMP <i>Jason</i>		8:15 AM	Les Mills BODYPUMP	STEP (8:45) <i>Shauna</i>
8:30 AM	Les Mills BODYPUMP <i>Shawn</i>	YOGASCULPT <i>Mary</i>	Les Mills BODYPUMP <i>Aleshia</i>	TABATA <i>Sara</i>	STEPSCULPT <i>Mary</i>	9:30 AM	STEP Kristin	
9:45 AM	ZUMBA Tone <i>Sara</i>	ZUMBA <i>CindyR</i>		ZUMBA (9:30) <i>CindyO</i>	Les Mills BODYPUMP(9:30) <i>Sara/Jenny</i>	10:30 AM	ZUMBA <i>CindyR</i>	Les Mills BODYPUMP (10:00) <i>Colleen</i>
10/11:00 AM			BARRE (10:00) <i>Cindy</i>	SILVERSNEAKERS(11:00) <i>Gretchen</i>	Les Mills BODYFLOW (10:30) <i>Amy</i>	11:45 AM	Les Mills BODYFLOW <i>Cambria</i>	ZUMBA (11:15) <i>Jackie</i>
4:30 PM	Les Mills BODYPUMP <i>Mark</i>	STRENGTH (4:15) <i>Kristin</i>	YOGA <i>Gretchen</i>	BARRE <i>Gretchen</i>		<div style="border: 2px solid red; padding: 5px;"> <p align="center">~ COLOR KEY ~</p> <p align="center">"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES</p> <p align="center">"FIT" MEMBERSHIP CLASSES</p> <p align="center">*30 minute class **45 minute class</p> <p align="center"> Star - XGX Connector Class (great for new members!)</p> <p align="center">Class Schedule Subject to Change</p> </div>		
5:30 PM	KICKBOX BLAST <i>Kristin</i>	YOGA <i>Jessica</i>	STEP (<i>Kristin</i>)	Les Mills BODYPUMP <i>Sara</i>				
6:45 PM	Les Mills BODYFLOW <i>Mark</i>	Les Mills BODYPUMP (6:30) <i>Cambria</i>	Les Mills BODYFLOW <i>Melissa</i>	ZUMBA <i>Jackie</i>				
7:45 PM		Les Mills BODYFLOW <i>Cambria</i>						

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI
5:30 AM	RIDE** <i>Teri</i>		RIDE** <i>Teri</i>		RIDE** <i>Teri</i>
8:30 AM	RIDE** <i>Jenny</i>		Cycle360 <i>Jenny</i>		
5:30 PM	RIDE <i>Mark</i>	RIDE <i>Kristin</i>		RIDE <i>Kristin</i>	

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00 AM	AQUAFIT <i>Alice</i>		AQUAFIT <i>Lindy</i>		AQUAFIT <i>Alice</i>		*POOL RESERVED DURING CLASS TIMES

(Schedules subject to change)

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