

Effective March 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 <i>Jason</i> ★	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>		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> ★	TOTAL BODY FITNESS <i>Kristin</i>	YOGA <i>Gretchen</i> ★	BARRE <i>Gretchen</i>		- COLOR KEY -		
5:30 PM	KICKBOX BLAST <i>Kristin</i>	Les Mills BODYPUMP <i>Cambria</i>	STEP (<i>Kristin</i>)	Les Mills BODYPUMP <i>Sara</i>		"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES		
6:45 PM	Les Mills BODYFLOW <i>Mark</i>	Les Mills BODYFLOW <i>Cambria</i> ★	Les Mills BODYFLOW <i>Melissa</i>	ZUMBA <i>Jackie</i> ★		"FIT" MEMBERSHIP CLASSES		
						*30 minute class **45 minute class		
						★ Star - XGX Connector Class (great for new members!)		
						Class Schedule Subject to Change		

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM	RIDE** <i>Teri</i>		RIDE** <i>Teri</i> ★		RIDE** <i>Teri</i>		#XGX	#GYMFAMILY
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)