



COON RAPIDS - GROUP EXERCISE CLASSES (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	Les Mills BODYPUMP (KIM)	BOXX Angela	Les Mills BODYATTACK	Les Mills BODYPUMP Veronica			
						8:15 AM Les Mills BODYPUMP Veronica	
9:30 AM	STRENGTH (BETH)	Les Mills BODYSTEP (Nichole)		BOXX (Beth)	Les Mills BODYPUMP (Nichole)	9:30 AM BOXX Angela	Les Mills BODYSTEP (9:00) (Jon)
10:30 AM	SILVERSNEAKERS (BETH)			SILVERSNEAKERS (Beth)		4:00 PM	STRENGTH Theresa
4:30 PM	Les Mills BODYSTEP** (Nancy)	Les Mills BODYPUMP Exp Veronica	PILOXING BARRE (Shelly)	Les Mills BODYSTEP** (Nancy)	Les Mills BODYATTACK (Jenni)	- COLOR KEY - "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class Star --> XGX Connector Class (great for new members!)	
5:30 PM	Les Mills BODYPUMP (Jenni)	Les Mills BODYATTACK (Jenni)	Les Mills BODYPUMP (Jenni)	BOXX (Kristin)	ZUMBA (Logan)		
6:45 PM	ZUMBA (Anu)	MORE N MORE Anu	ZUMBA (Anu)				
7:30 PM		ZUMBA (Anu)					

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM					RIDE** (RINA)	8:30 AM RIDE** Theresa	
9:30 AM					RIDE** DANYELLE		
5:45 PM	RIDE** Theresa		RIDE** (5:30) DANYELLE	CYCLESCLPT THERESA			

MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:30 AM			YOGA (Tara)	YOGA (9:00) Nita		9:30 AM YOGASCLPT Theresa	
10:30 AM		OULA ONE Leah			OULA ONE Leah		
5:30 PM	YOGA (Molly)	BODYFLOW (Penny)	YOGASCLPT Theresa	YOGA (Renee)		10:00 AM	BODYFLOW (Jon)
6:45 PM	YOGASCLPT Theresa		YOGA (Molly)				

AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00 AM		AQUAFIT (Lindy)		AQUAFIT (Lindy)		AQUA ZUMBA** (Anu/Logan)	*POOL RESERVED DURING CLASS TIMES
5:30 PM		AQUA ZUMBA** (Cindy)		AQUA ZUMBA** (Logan)			