



COON RAPIDS - GROUP EXERCISE CLASSES (Jan-Mar)



MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	Les Mills BODYPUMP <i>(KIM)</i>	BOXX <i>Angela</i>	Les Mills BODYATTACK Kim	Les Mills BODYPUMP <i>Veronica</i> ★			
8:30 AM			SILVERSNEAKERS Classic <i>Steph L</i>			8:15 AM Les Mills BODYPUMP <i>Veronica</i>	
9:30 AM	STRENGTH <i>(BETH)</i>	Les Mills BODYSTEP <i>(Nichole)</i> ★	SILVERSNEAKERS YOGA <i>Steph L</i>	BOXX <i>(Beth)</i>	Les Mills BODYPUMP <i>(Nichole)</i> ★	9:30 AM BOXX <i>Angela</i>	Les Mills BODYSTEP (9:00) <i>(Jon)</i>
10:30 AM	SILVERSNEAKERS <i>(BETH)</i>			SILVERSNEAKERS <i>(Beth)</i>		4:00 PM	★ STRENGTH <i>Theresa</i>
4:30 PM	Les Mills BODYSTEP** <i>(Nancy)</i>	Les Mills BODYPUMP Exp <i>Veronica</i>	PILOXING BARRE <i>(Shelly)</i> ★	Les Mills BODYSTEP** <i>(Nancy)</i>	Les Mills BODYATTACK <i>(Jenni)</i> ★	- 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 <i>(Jenni)</i> ★	Les Mills BODYATTACK <i>(Jenni)</i>	Les Mills BODYPUMP <i>(Jenni)</i>	BOXX <i>(Kristin)</i> ★	ZUMBA <i>(Logan)</i>		
6:45 PM	ZUMBA <i>(Anu)</i>	★ MORE N MORE Anu	ZUMBA <i>(Anu)</i>				
7:30 PM		ZUMBA <i>(Anu)</i>					

CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:15 AM					RIDE** <i>(RINA)</i>	8:30 AM RIDE** <i>Theresa</i> ★	
9:30 AM			RIDE** <i>DANYELLE</i> ★		RIDE** <i>DANYELLE</i>		
5:45 PM	RIDE** <i>Theresa</i>		RIDE** (5:30) <i>DANYELLE</i>	CYCLESULPT <i>THERESA</i> ★			

MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:30 AM			YOGA <i>(Tara)</i>	YOGA (9:00) <i>Nita</i> ★		9:30 AM YOGASULPT <i>Theresa</i> ★	
5:30 PM	YOGA <i>(Molly)</i> ★	BODYFLOW <i>(Penny)</i> ★	YOGASULPT <i>Theresa</i>	YOGA <i>(Renee)</i>		10:00 AM	BODYFLOW <i>(Jon)</i>
6:45 PM	YOGASULPT <i>Theresa</i>		YOGA <i>(Molly)</i>				

AQUA STUDIO

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