



# COON RAPIDS - GROUP EXERCISE CLASSES (Sept)



## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:30 AM	Les Mills BODYPUMP <i>Kim</i>	BOXX <i>Angela</i> ★	Les Mills BODYPUMP <i>Kim</i>			8:15 AM	Les Mills BODYPUMP <i>Veronica</i>	
9:30 AM	KETTLEBELL +Abs <i>Danyelle</i> ★	STEP (9:45) <i>Jen</i>	OULA (Shelley) ★	STEPSCULPT(9:45) <i>Jen</i>		9:30 AM	BOXX <i>Angela</i>	Les Mills BODYPUMP (9:00) ( <i>Jon</i> )
10:30 AM	SILVERSNEAKERS <i>(Logan)</i>		SILVERSNEAKERS (10:45) <i>(Shelley)</i>					
4:30 PM	Les Mills BODYSTEP** <i>(Nancy)</i>	Les Mills BODYPUMP Exp <i>Veronica</i>	Oula Power Exp (4:45) <i>Shelly</i>	Les Mills BODYSTEP** <i>(Nancy)</i>		- COLOR KEY -		
5:30 PM	Les Mills BODYPUMP <i>(Jenni)</i>	Les Mills BODYATTACK <i>(Jenni)</i> ★	Les Mills BODYPUMP <i>(Jenni)</i> ★	STRENGTH <i>(Kristin)</i> ★	ZUMBA <i>(Logan)</i>	"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES		
6:45 PM	ZUMBA <i>(Anu)</i> ★	MORE N MORE <i>Anu</i> ★	ZUMBA <i>(Anu)</i>			"FIT" MEMBERSHIP CLASSES		
7:30 PM		ZUMBA <i>(Anu)</i>				*30 minute class    **45 minute class		
						★ Star --> XGX Connector Class (great for new members!)		

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:30 AM					RIDE** <i>DANYELLE</i>	8:15 AM	RIDE <i>Amy/Jon</i> ★	
5:45 PM	RIDE** <i>Penny</i> ★		RIDE** (5:30) <i>DANYELLE</i> ★	CYCLESCLPT <i>Danyelle/Amy</i>				

## MINDBODY STUDIO

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
9:30 AM			YOGA <i>Nita</i>	YOGA (9:00) <i>Nita</i>		9:30 AM	YOGASCLPT <i>Renee</i> ★	
10:30 AM								
5:30 PM	YOGA <i>(Molly)</i>	BODYFLOW <i>(Penny)</i>	YOGASCLPT <i>(Molly)</i>	YOGA <i>(Renee)</i>		10:00 AM		BODYFLOW <i>(Jon)</i> ★
6:45 PM			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>(Logan)</i>	*POOL RESERVED DURING CLASS TIMES
5:30 PM		AQUAFIT <i>(Lindy)</i>		AQUA ZUMBA** <i>(Logan)</i> ★				