


Effective Sept 2, 2019

# VADNAIS HEIGHTS - GROUP EXERCISE CLASSES - Summer (Sept)

## MAIN STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:15 AM		Les Mills BODYPUMP Stephanie ☆		Les Mills BODYPUMP Emily		8:15 AM Les Mills BODYPUMP ☆	STEP (8:45) Shauna
8:30 AM	Les Mills BODYPUMP Shawn ☆	BARRE CindyR	Les Mills BODYPUMP Aleshia		YOGASCUPT Jeremy	9:30 AM STEP Deb	
9:30 AM	ZUMBA Tone (9:45) Sara	ZUMBA CindyR		ZUMBA CindyO ☆	Les Mills BODYPUMP Sara/Jenny	10:30 AM ZUMBA CindyR	Les Mills BODYPUMP ☆ (10:00) Colleen
10/11:00 AM			SILVERSNEAKERS(11:00) Gretchen ☆	SILVERSNEAKERS(11:00) Gretchen	Les Mills BODYFLOW (10:30) Amy ☆	11:15 AM	ZUMBA Jackie
4:30 PM	Les Mills BODYPUMP Mark		YOGA Gretchen			<b>- COLOR KEY -</b> "VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES "FIT" MEMBERSHIP CLASSES *30 minute class **45 minute class ☆ Star - XGX Connector Class (great for new members!) Class Schedule Subject to Change	
5:30 PM	BOXX KristinG	CORE ** Jessica	ZUMBA Geetha	Les Mills BODYPUMP Krissi			
6:45 PM	Les Mills BODYFLOW Mark ☆	YOGA (6:15) Jessica	Les Mills BODYFLOW Melissa ☆	ZUMBA (6:30) Jackie			

## CYCLE STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
5:30 AM	RIDE** Teri		RIDE** Teri		RIDE** Teri	#XGX	#GYMFAMILY
8:30 AM	RIDE** Jenny ☆		Cycle360 Jenny				
5:30 PM	RIDE Mark						

## AQUA STUDIO

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
9:00 AM	AQUAFIT Lindy		AQUAFIT Lindy		AQUAFIT Lindy		*POOL RESERVED DURING CLASS TIMES