

GROUP FITNESS CLASSES

Sartell Location

What's a class like? Try one today.

INDOOR CYCLING: (call ahead to reserve your cycle)

- **ROADRAGE** - "Gear up" with biking intervals and sprints. Get the most bang for your buck with Cycling! During your RoadRage session you'll can burn between 400-700 calories- that's tough to beat! Just don't forget your water or a sweat towel; you'll need it in this class.
- **INDOOR CYCLING** - Members are invited to participate in these classes—from beginners to advance. Instructors serve as cycling coaches for in and out of the studio adventures. Indoor Cycling is filled with real life applications of sprints, intervals, ladders, hill climbs, and more.

MIND & BODY

- **YOGA-PILATES** - This class is designed to lengthen and strengthen your entire body using core muscles and incorporating strength training through body weight resistance.
- **YOGA** - The class focuses on strengthening the mind and the body. Yoga classes build participants flexibility, strength, power, and balance which is accomplished through poses. The poses are a constant element, but the approach to them varies depending on the yoga tradition in which the teacher has trained.
- **ADVANCED YOGA** - A more advanced, challenging version of YOGA.
- **VINYASA YOGA** - Yoga poses are linked fluidly, but held long enough for the student to adjust to a healthy alignment and mental awareness. Participants will be guided through class to bring mind, body and spirit into balance.
- **YOGA POWER** - This fast-paced class emphasizes strength and flexibility while promoting mental stability and concentration. Gain balance, core strength, muscular strength and endurance; and leave feeling relaxed.
- **BARRE FUSION** - Blends ballet exercise and Pilates with a focus on core strength.
- **ROLLGA RESTORE** - Full Body foam rolling class. This class is great for before/ after a workout or just starting the day. Foam rolling helps restore fascia in your body while bringing life back into your body. **NEW!!!**

CARDIO

- **KICKBOX BOOTCAMP**- The ultimate motivating full body workout fusing kickboxing and effective boot camp style strength, endurance, and agility moves through circuits, obstacle courses, Tabata type training and more!
- **STEP** - A cardio workout using the step equipment. Take your fitness to different levels, literally.
- **CARDIO DANCE** - "Move to the Groove" with this unique low-impact dance program which combines easy to follow dance moves with Rock & Roll, Latin, Modern, & other rhythms at a pace you will love!
- **ZUMBA** - The fitness craze that fuses Latin-based rhythms with motivating music, unique moves, and challenging combinations. Ditch the workout and join the party!
- **WERQ** - WERQ® is the fiercely fun dance fitness class set to today's top 100 music.

RESISTANCE & STRENGTH

- **BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt tone and strengthen your entire body, fast!
- **BOOTCAMP** - Designed to push participants harder than they'd push themselves alone. Fun music combined with a supportive group atmosphere creates an environment where participants not only challenge themselves, but those around them.
- **CORE & MORE** - An amazing workout infused with Pilates-inspired moves for strengthening the core. Core & More is for all fitness levels and will serve as a great low impact guild to building core strength and endurance.
- **BOOM Muscle** - A blend of cardio and low impact strength-based athletic exercises inspired by functional movements and popular sports.

AQUA

- **DEEP WATER** - A great aerobic and resistance training class that will help strengthen your muscles without putting added stress on your joints. This session will take place in the shallow water. Offered March-December.
- **MASTER SWIM** - Don't let the name fool you. Master Swim is for everyone - whether you're training for a triathlon or just want a good swim workout. Our only requirement is you're able to swim down and back the lap pool without stopping.
- **AQUAFIT** - provides an intense, low impact workout with different movements aimed at increasing flexibility, strength, and cardiovascular ability. Non-swimmers are welcome.
- **H2O TOTAL BODY**- This class targets your whole body. Class can take place in shallow or deep end of the pool.

FOR A COMPLETE LIST OF SENIOR FITNESS CLASSES PLEASE SEE FRONT DESK.

Fitness Evolution offers a FitKids class every Saturday from 10:00-10:30am. To sign up your child, contact KidsClub. Children must be 4

STAY FIT

2017 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Body Pump 5:15-6:15am Jill		Body Pump 5:15-6:15am Jill		Body Pump 5:15-6:15am Jill		
	Body Pump Express 7:15-7:55 Melissa		Body Pump Express 7:15-7:55 Melissa			
Zumba 8:00-8:55am Kathy E	<u>Silver Sneakers</u> 8:00-8:45am Sally		Kickbox BootCamp 8:00-8:55am Brenda	Zumba 8:00-8:55am Kathy E	Zumba 8:00-8:55am Kim	
Boot Camp 9:00-9:45am Sarah	Yoga 9:00-9:45am Kate	<u>Silver Sneakers</u> 9:00-9:45am Sally	Chakra Yoga 9:00-9:45am Kate	Boot Camp 9:00-9:45am Sarah	Step 9:00-9:55 Marsha/Jess	
Be sure to call Kids Club to sign your child up for FitKids. It's FREE!						
Body Pump 10:00-10:55am Madge	<u>BOOM</u> 10:00-10:50am Kathy	Body Pump 10:00-10:55am Madge		Vinyasa Yoga 10:00-10:55am Christie	Body P 10:00am Marsha/Jess	
<u>Silver Sneakers</u> 11:15-12:00pm Madge	<u>Cardio Dance</u> 11:00-11:55am Kathy	<u>Silver Sneakers</u> 11:15-12:00pm Madge	<u>Silver Sneakers</u> 11:00-11:50am Kathy	<u>Gentle Yoga</u> 11:15-12:00pm Christie		
<u>Silver & Fit</u> 12:15-1:00pm Sally		<u>Silver & Fit</u> 12:15-1:00pm Sally	<u>Cardio Dance</u> 12:00-12:55pm Kathy	<u>Silver Sneakers</u> 12:15-1:00pm Sally		
Yoga 4:30-5:25pm Karen	Body Pump 4:30-5:25pm Alison	Core & More 4:30-5:25pm Alison	Body Pump 4:30-5:25pm Marsha/Lynn V			Barre Fusion 4:00-4:55pm Brie
Body Pump 5:35-6:30pm Marsha	Kickbox BootCamp 5:35-6:30pm Brenda	Step 5:35-6:30pm Marsha	Zumba 5:35-6:30pm Kim	Power Yoga 5:35-6:30pm Josh		Body Pump 5:00-5:55pm Marsha/ Jennifer
	Zumba 6:35-7:35pm Brittani Locke	Body Pump 6:40-7:35pm Jennifer				Yoga 6:15 Ana Maria-7:15pm

**PEDAL
POSE
STUDIO**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Indoor Cycling 5:30-6:30am Cheri		Indoor Cycling 5:30-6:30am Cheri		
	Core & More 6:30-7:15am Cheri		Indoor Cycling 6:30-7:30am Cheri		
Indoor Cycling 8:30-9:25am Cheri	Road Rage 8:30-9:15am Melissa	Indoor Cycling 8:30-9:25am Cheri	Core & More 7:30-8:15am Cheri		
Core & More 9:30-10:15am Cheri		Core & More 9:30-10:15am Cheri	Road Rage 8:30-9:15am Melissa		
Road Rage 4:30-5:30pm Amy			Fascia Restore Rollga Mellisa 9:25-9:55am	New	
	Yoga 5:30-6:30pm Ana Maria		Yoga 5:00-5:55pm Karen		

POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>H2O Total Body</u> 8:30-9:30am Mary		<u>H2O Total Body</u> 8:30-9:30am Janyce		<u>Hydro Fitness</u> 8:30-9:30am Viki	<u>H2O Total Body</u> 8:30-9:30am Mary
Master Swim 5:30-6:30pm Beth	<u>Deep Water</u> 5:30-6:30pm Mary	Master Swim 6:00-7:00pm Viki	<u>Deep Water</u> 5:30-6:30pm Mary		