

STaFIT

GX

MIDTOWN

**** classes are also available via zoom. Carrie Instructor code 672-577-8984
Marj Instructor Code 779-511-4621**





	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am	SerSneakers Splash® Melissa					 ** Spin** - Carrie
8:30am	 LES MILLS BODYPUMP Jill D		 SilverSneakers® Becky	SilverSneakers Splash® Mary	 SilverSneakers® Becky	
10:00am		 Yoga Janet	 LES MILLS BODYPUMP Jill D 9:30	9:00 Total Body Janet	 Yoga Janet	
4:30pm	 **Strength** Carrie	 **Cardio/Core** Carrie	 Yoga Carrie	 **Spin** Carrie		
5:30pm	 Cycle 360- Carrie	 LES MILLS BODYPUMP Marj	 **Butts + Guts** Marj	 **Strength** Marj		
GROUP FITNESS CLASS DESCRIPTIONS	<ul style="list-style-type: none"> BODYPUMP™--The original LES MILLS™ barbell class, will sculpt tone and strengthen your entire body, fast!Using light to moderate weights with lots of repetitions. BODYPUMP - Gives you a total body workout. 					



- **CYCLE 360** - A high energy form focused cycle class open to beginner or avid cyclists. You will get an amazing interval cardio workout while strengthening your glutes, hams, and more! During the workout you will grab some hand weights for a total body workout.

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Sartell

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am				 Core and More Marj		
5:15 am	 Les Mills BODYPUMP Jill P	 --- Spin --- Marsha	 Les Mills BODYPUMP Jill P	 Spin Amy/Abbi	 Les Mills BODYPUMP Jill P	
7:30 am						Step Marsha
8:30am	 Aqua Fit Mary Les Mills BODYFLOW Lori	 Les Mills BODYPUMP Melissa	Les Mills BODYFLOW Lori SilverSneakers Splash® Mary	 Les Mills BODYPUMP Trish	 Zumba Kathy	 Les Mills BODYPUMP Marsha  Aqua Fit Mary
10:30 am 11:35 am	 SilverSneakers® 11:35 Sally	 SilverSneakers® 10:00 Becky	 SilverSneakers® 10:00 Becky	 SilverSneakers® 11:35 Carla		
5:30pm	 Les Mills BODYPUMP Marsha Master Swim Beth	 Aqua Fit Mary  Zumba Kim	 Les Mills BODYPUMP Marsha	Les Mills BODYFLOW Marsha		



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- **BODYPUMP** - Gives you a total body workout.
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