

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
7:45	 Spin Jill					
8:00 am					SilverSneakers® Becky	Saturday Shuffle
8:30am	 LES MILLS BODYPUMP Jill D  Aqua Fit Becky		SilverSneakers® Becky	SilverSneakers Splash® Mary		
9:00 am				Total Body Janet		
10:00am		 Yoga Janet		 Yoga Janet	 Yoga Janet	
4:30pm	 **Strength** Carrie	 **Barre** Carrie	 Yoga Carrie	 **Spin** Carrie		
5:30pm	 Cycle 360- Amy	 LES MILLS BODYPUMP Marj	 **Butts + Guts** Marj	 **Strength** Marj		



GROUP

FITNESS CLASS

DESCRIPTIONS

- **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.
- **SPIN** - The same great workout as cycle 360 but you will remain on the bike the entire time
- **Cardio/Core** - A 45-minute mix of dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated. Designed for all levels of fitness
- **Butts and Guts** is a special focus class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular. By combining elements of Pilates, strength training, stability ball, resistance bands and more, this class is sure to get those ab and tush muscles firmed up and well toned. Designed for all fitness levels.
- **SilverSneakers** - focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- **SilverSneakers Splash** - provides a fun environment using a splash-board to increase movement and intensity options during shallow-water exercises. This class is suitable for all skill levels, and even safe for those who don't swim.
- **Total Body/Strength** - Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic-based sculpting class tones the upper and lower body using resistance like hand weights, resistance bands, stability balls and your own body weight. All-Levels.
- **Zumba** - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness

STA FIT

GX

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 Pool	 Aqua Fit Mary		SilverSneakers Splash® Mary			 Aqua Fit Mary
8:30am	LES MILLS BODYBALANCE Lori	 Les Mills BODYPUMP Melissa	LES MILLS BODYBALANCE Lori	 Les Mills BODYPUMP Trish	 9:00 Becky	 Les Mills BODYPUMP Marsha
10:00 am 11:35 am	 SilverSneakers® 11:35 Sally	 SilverSneakers® 10:00 Becky	 SilverSneakers® 10:00 Becky	 Cardio Dance 10:00 Becky		
5:30 pm Pool	Master Swim Beth	 Aqua Fit Mary				
5:30pm	 Les Mills BODYPUMP Marsha	 Zumba Kim	 Les Mills BODYPUMP Marsha	LES MILLS BODYBALANCE Marsha		
6:30 PM				 Zumba Kara		



**GROUP
FITNESS CLASS
DESCRIPTIONS**

- **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.
- **SPIN** - The same great workout as cycle 360 but you will remain on the bike the entire time
- **Butts and Guts** is a special focus class just for your lower body! Sculpt, shape, and strengthen your abdominal, buttock, and thigh muscle groups. This class will strengthen and tone all your core muscles, working on the back, butt and thighs in particular. By combining elements of Pilates, strength training, stability ball, resistance bands and more, this class is sure to get those ab and tush muscles firmed up and well toned. Designed for all fitness levels
- **SilverSneakers** - focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.
- **SilverSneakers Splash** - provides a fun environment using a splash-board to increase movement and intensity options during shallow-water exercises. This class is suitable for all skill levels, and even safe for those who don't swim.
- **Zumba** - Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness
- **Master Swim - Masters** is designed for those who swim with the benefit individual coaching. Each workout is designed to be fun and exciting as well as improve your technique.

STa **FIT**
GX