

YOGA & GROUP FITNESS CLASSES

Effective February 1, 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING						
	Vinyasa Yoga Express Ginny 6:15 a.m. (45 min)	Spinning® Express Kelsey 6:15 a.m. (45 min) ●	Vinyasa Yoga Express Laura 6:15 a.m. (45 min)	Spinning® Express Ali R. 6:00 a.m. (45 min) ●	Abs & Glutes Express Stacey 6:00 a.m. (30 min)	Vinyasa Yoga Carolyn/Margarey 7:05 a.m.
	Vinyasa Yoga Jennifer 8:30 a.m.	Spinning® Lauren 8:30 a.m. ●	Studio Sculpt Kelsey 8:30 a.m.	Stretch & Balance Jennifer 8:30 a.m.	Studio Sculpt Kelsey 8:30 a.m.	Spinning® Stacey 8:15 a.m. ●
Spinning® Ann/Melissa 9:15 a.m. ●	Studio Sculpt Ali R. 9:35 a.m.	Stretch & Balance Ann 9:30 a.m.	Yoga Sculpt Jennifer 9:30 a.m.	Studio Mix Ali R. 9:35 a.m.	Vinyasa Yoga Jennifer 9:30 a.m.	Kickbox Bootcamp Kelsey 9:30 a.m.
		Spin+Sculpt Kelsey 9:30 a.m. ● ■				
		Total Body Conditioning Lauren 10:45 a.m.	Zumba® Jan 10:45 a.m.		Total Body Conditioning Lauren 10:45 a.m.	Kids XT Childcare Staff 11:00 a.m. (30 min)
MIDDAY						
		Yoga & Meditation Ginny 12:00 p.m.	Spinning® Express Kelsey 12:00 p.m. (45 min) ●	Vinyasa Basic Express Ginny 12:00 p.m. (45 min)	Spinning® Express Lauren 12:00 p.m. (45 min) ●	
	Fit For the Ages Jan 1:15 p.m.		Fit For the Ages Jan 1:15 p.m.		Chair Yoga Ginny 1:15 p.m.	
EVENING						
Spinning® Ruth 3:45 p.m. ●	Twirling Toes Stephanie 4:15 p.m. ⌘	Studio Sculpt Express Stacey 4:30 p.m. (45 min)	Tiny Tumblers Tara 4:15 p.m. ⌘	Cardio+Sculpt Express Kelsey 4:30 p.m. (45 min)	Tiny Tumblers Tara 4:15 p.m. ⌘	
Gentle Flow Yoga Carolyn/Bryan/Dean 5:00 p.m.		3D Core Theresa 5:30 p.m.			Tiny Tumblers Tara 5:30 p.m. ⌘	
	Vinyasa Yoga Jennifer 5:30 p.m.	Run Club Pete 6:00 p.m. ■ ●	Cardio Kickboxing Stephenie 5:30 p.m.	Yoga Sculpt Jennifer 5:30 p.m.		
	Vinyasa Basic Ginny 6:45 p.m.	Spinning® Lauren 6:45 p.m. ●	TBC X Eugine 6:45 p.m.	Refit® Stephenie 6:45 p.m.		
		Restorative Yoga Bryan 8:00 p.m.		Yoga & Meditation Ginny/Bryan 8:00 p.m.		

Specialty classes are SHADED. These require an additional fee and advanced sign up. All other weekly classes listed are included with your membership fee. Classes are 60 minutes and held in the group fitness studio unless otherwise indicated. ■ = Class on fitness floor. ● = Reservation required. ⌘ = Class is run as a series, please inquire about dates of current session. Spin bike reservations can be made up to 24 hours ahead of time. Class descriptions are available on-line. Please see the front desk or call 612-788-1100 for more information. Childcare is also available. Please call for a reservation.