



FREE! WINTER BREAK FITNESS CLASS SCHEDULE

DECEMBER 19th - JANUARY 1st

MONDAY DECEMBER 19

5:35AM	Total Body Workout	Chris	GAR
6:00	Kettlebell (40 min.)	Jenn T.	Studio 1
8:15	Silver Splash SilverSneakers®	Fran	Pool
8:30	MSROM SilverSneakers®	Karen	Studio 1
9:30	Circuit	Karen	GAR
4:10PM	Zumba®	Jan	Studio 2
5:20	Total Body Workout	Kathy	GAR
5:20	Step and Strength	Tina	Studio 2
6:20	Cardio Groove	Tina	Studio 2
8:35	Aqua Splash	Sara	Pool

TUESDAY DECEMBER 20

8:30	Mind/Body Yoga	Gretchen	Studio 1
9:30	Pilates	Gretchen	Studio 1
10:40	Zumba Gold®	Wanda	Studio 2
11:35	Strength Training	Wanda	Studio 2
4:00PM	Silver Splash SilverSneakers®	Fran	Pool
5:05	Aqua Splash	Mary H	Pool

WEDNESDAY DECEMBER 21

5:35AM	Total Body Workout	Chris	Studio 2
9:30	Cardio Circuit SilverSneakers®	Karen	Studio 1
9:30	Zumba®	Wanda	Studio 2
10:30	Revvig	Karen	GAR
10:30	Yoga Stretch SilverSneakers®	Wanda	Studio 1
5:20PM	Yogalates	Sarah	Studio 1
7:30	Zumba Toning®	Ali	Studio 2

THURSDAY DECEMBER 22

5:35AM	Core Fusion	Chris	Studio 2
8:30	Pilates	Gretchen	Studio 1
8:30	Power Pump	Mary P	Studio 2
9:15	Aqua Splash	Sue	Pool
9:30	Step It Up	Mary P	Studio 2
9:30	Mind/Body Yoga	Gretchen	Studio 1
4:15PM	Revvig	Mary P	GAR
5:20	Yoga Strength	Mary P	Studio 2
6:25	Pilates (Intermediate)	Gretchen	Studio 1
7:30	Mind-Body Yoga	Gretchen	Studio 1
7:30	Zumba®	Tina	Studio 2

FRIDAY DECEMBER 23

9:15AM	Aqua Splash	Sue	Pool
9:30	Circuit	Karen	Studio 1

**MORE CLASSES ON THE
OTHER SIDE** →

Shoreview
Community Center

Tropics Waterpark
& Fitness Center

4580 Victoria Street North, Shoreview, Minnesota 55126 | www.shoreviewcommunitycenter.com



FREE!

WINTER BREAK

FITNESS CLASS SCHEDULE

DECEMBER 19th - JANUARY 1st

MONDAY DECEMBER 26			
8:30AM	Classic Core Conditioning	Adrienne	Studio 2
9:30	Core Fusion	Adrienne	Studio 2
6:25PM	Core Fusion	Adrienne	Studio 2
7:30	Zumba®	Adrienne	Studio 2
TUESDAY DECEMBER 27			
5:35AM	Power Pump	Chris	Studio 2
8:30	Power Pump	Mary P	Studio 2
9:15	Aqua Splash	Meg	Pool
9:30	Step It Up	Mary P	Studio 2
5:20PM	Power Pump	Mary P	Studio 2
6:25	Cardio Kickboxing	Mary P	Studio 2
7:30	Cardio Bosu with a Pump!	Mary P	Studio 2
WEDNESDAY DECEMBER 28			
8:30AM	Classic Cardio Conditioning	Adrienne	Studio 2
9:15	Aqua Splash	Trish	Pool
5:15PM	Step It Up	Mary P	Studio 2
6:00	Boot Camp	Holly	Studio 1
6:25	Reving	Mary P	GAR
7:00	Mind-Body Yoga (75min)	Kathy	Studio 1

THURSDAY DECEMBER 29			
9:30AM	Tai Chi for Health	Kari	Studio 1
11:35	Strength Training	Wanda	Studio 2
12:45PM	Gentle Yoga	Wanda	Studio 2
1:45	MSROM SilverSneakers®	Wanda	Studio 1
5:20	Power Pump	Adrienne	Studio 2
6:25	Cardio Kickboxing	Adrienne	Studio 2
7:30	Zumba®	Tina	Studio 2
FRIDAY DECEMBER 30			
8:30AM	Classic Strength Conditioning	Adrienne	Studio 2
8:30	Zumba®	Wanda	Studio 1
9:15	Aqua Splash	Sue	Pool
9:30	Yoga Stretch SilverSneakers®	Wanda	Studio 1
10:30	Zumba Gold®	Wanda	Studio 2
4:30PM	Zumba®	Jan	Studio 2
SATURDAY DECEMBER 31			
9:30AM	Power Pump	Wendy	Studio 2
SUNDAY JANUARY 1			
1:00PM	Latin Hip Hop	Ninoska	Studio 2

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