



Free!

Spring Break Fitness Classes

March 15th - March 28th



MONDAY, MARCH 15TH

5:45 A.M.	Total Body Workout	Chris	Studio 1
8:30	Strength Training	Karen	Studio 2
9:30	Circuit	Karen	Studio 1
9:30	Latin Hip Hop	Colleen	Studio 2
9:30	Aqua Splash	Sue	Pool

4:15 P.M.	Zumba	Renee	Studio 2
5:20	Step and Strength	Tina	Studio 2
5:20	Boot Camp	Kathy	Studio 1
6:25	Cardio Groove	Tina	Studio 2
7:30	Power Pump	Jennifer	Studio 2

TUESDAY, MARCH 16TH

5:45 A.M.	Power Pump	Chris	Studio 2
8:30	Power Pump	Mary P.	Studio 2
9:30	Aqua Splash	Meg	Pool
9:30	Step It Up	Mary P.	Studio 2
11:30	Strength Training	Wanda	Studio 2

4:15 P.M.	Revving	Chris	Studio 1
5:05	Aqua Splash	Mary H.	Pool
5:20	Power Pump	Mary P.	Studio 2
6:25	Cardio Kickboxing	Mary P.	Studio 2
7:30	Total Body Workout	Jennifer	Studio 1
7:30	Cardio Bosu with a Pump!	Mary P.	Studio 2

WEDNESDAY, MARCH 17TH

5:45 A.M.	Total Body Workout	Chris	Studio 1
6:00	Step & Strength	Barb	Studio 2
8:30	Strength Training	Karen	Studio 1
9:30	Aqua Splash	Meg	Pool
9:30	Circuit	Karen	Studio 1
10:30	Revving	Karen	Studio 1

WEDNESDAY, MARCH 17TH (evening)

5:20 P.M.	Step It Up	Mary P.	Studio 2
6:25	Revving	Mary P.	Studio 1
7:30	Arthritis Found. Tai Chi	Kari	Studio 1
7:30	Power Pump	Jennifer	Studio 2
8:30	Mind/Body Yoga	Kathy	Studio 1

THURSDAY, MARCH 18TH

5:45 A.M.	Cardio Mix	Chris	Studio 2
8:30	Pilates	Gretchen	Studio 1
8:30	Power Pump	Mary P.	Studio 2
9:30	Step It Up	Mary P.	Studio 2
11:30	Strength Training	Wanda	Studio 2
12:30 P.M.	Yogalates	Wanda	Studio 2

4:15 P.M.	Total Body Workout	Chris	Studio 1
5:20	Yoga Strength	Mary P.	Studio 1
6:25	Pilates (Intermediate)	Gretchen	Studio 1
7:30	Mind-Body Yoga	Gretchen	Studio 2
7:30	Zumba	Renee	Studio 2

FRIDAY MARCH 19TH

5:45 A.M.	Total Body Workout	Chris	Studio 2
6:00	Revving	Barb	Studio 1
8:30	Strength Training	Wanda	Studio 1
9:30	Circuit	Karen	Studio 1
9:30	Yogalates	Wanda	Studio 2

5:00 P.M.	Yogalates	Colleen	Studio 2
6:00	Latin Hip Hop	Colleen	Studio 2

SATURDAY, MARCH 20TH

8:30 A.M.	Revving	Kathy	Studio 1
9:30	Power Pump	Kathy	Studio 2
11:15	Mind/Body Yoga	Kathy	Studio 1

Bring
a Friend!

Shoreview
Community Center



4580 Victoria St North, Shoreview, MN 55126, 651-490-4700

Space is limited in all classes.
Availability is on a FIRST come, FIRST serve basis.

Please see other side for classes for the week of March 22nd ➡



Free!

Spring Break Fitness Classes

March 15th - March 28th



MONDAY, MARCH 22ND

5:45 A.M.	Total Body Workout	Chris	Studio 1
8:30	Classic Conditioning	Adrienne	Studio 1
8:30	Strength Training	Karen	Studio 2
9:30	Circuit	Karen	Studio 1
9:30	Core Fusion	Adrienne	Studio 2
9:30	Aqua Splash	Sue	Pool
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4:15 P.M.	Zumba	Renee	Studio2
5:20	Step and Strength	Tina	Studio 2
6:25	Cardio Groove	Tina	Studio 2
6:25	Revving	Jennifer	Studio 1
7:30	Power Pump	Jennifer	Studio 2
7:30	Core Fusion	Adrienne	Studio 1
8:35	Aqua Splash	Sara	Pool

TUESDAY, MARCH 23RD

5:45 A.M.	Power Pump	Chris	Studio 2
8:30	Mind/Body Yoga	Gretchen	Studio 1
8:30	Power Pump	Mary P.	Studio 2
9:30	Aqua Splash	Meg	Pool
9:30	Step It Up	Mary P.	Studio 2
9:30	Pilates	Gretchen	Studio 1
11:30	Strength Training	Wanda	Studio 2
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4:00 P.M.	Arthritis Found. Water Ex	Fran	Pool
4:15	Revving	Chris	Studio 1
5:20	Power Pump	Mary P.	Studio 2
6:25	Pilates	Gretchen	Studio 1
6:25	Cardio Kickboxing	Mary P.	Studio 2
7:30	Total Body Workout	Jennifer	Studio 1
7:30	Cardio Bosu with a Pump!	Mary P.	Studio 2

WEDNESDAY, MARCH 24TH

5:45 A.M.	Total Body Workout	Chris	Studio 1
8:30	Strength Training	Karen	Studio 1
8:30	Classic Conditioning	Adrienne	Studio 2
9:30	Aqua Splash	Meg	Pool
9:30	Circuit	Karen	Studio 1
10:30	Revving	Karen	Studio 1

WEDNESDAY, MARCH 24TH (evening)

5:20 P.M.	Step It Up	Mary P.	Studio 2
5:20	Boot Camp	Mike	Gym Activity Rm
6:25	Revving	Mary P.	Studio 1
6:25	Zumba	Yolanda	Studio 2
7:30	Arthritis Found. Tai Chi	Kari	Studio 1
7:30	Power Pump	Jennifer	Studio 2
8:35	Aqua Splash	Meg	Pool

THURSDAY, MARCH 25TH

5:45 A.M.	Cardio Mix	Chris	Studio 2
8:25	Aqua Flow	Sue	Pool
8:30	Power Pump	Mary P.	Studio 2
9:30	Step It Up	Mary P.	Studio 2
9:30	Core Fusion	Adrienne	Studio 1
9:30	Aqua Splash	Sue	Pool
11:30	Strength Training	Wanda	Studio 2
12:30 P.M.	Yogalates	Wanda	Studio 2
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4:00 P.M.	Arthritis Found. Water Ex	Fran	Pool
5:05	Aqua Splash	Mary	Pool
5:20	Yoga Strength	Mary P.	Studio 1
5:20	Power Pump	Adrienne	Studio 2
6:25	Cardio Kickboxing	Adrienne	Studio 2
7:30	Zumba	Renee	Studio 2

FRIDAY MARCH 26TH

5:45 A.M.	Total Body Workout	Chris	Studio 2
8:30	Classic Conditioning	Adrienne	Studio 2
9:30	Aqua Splash	Sue	Pool

SATURDAY, MARCH 27TH

10:45	Cardio Kickboxing	Wendy	Studio 2
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SUNDAY, MARCH 28TH

8:30 A.M.	Revving	Mike	Studio 1
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*Shoreview
Community Center*



Please see other side for classes for the week of March 15th →

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