



# Free!

## Summer Break Fitness Classes June 14<sup>th</sup> – June 20<sup>th</sup>



### Monday, June 14<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 1
7:30	Aqua Splash	Sue	Pool
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
4:15 P.M.	Zumba	Renee	Studio 2
5:20	Boot Camp	Kathy	Studio 1
6:25	Revving	Jen	Studio 1
7:30	Core Fusion	Adrienne	Studio 2
7:30	Power Pump	Jen	Studio 1
8:35	Aqua Splash	Sara	Pool

### Tuesday, June 15<sup>th</sup>

5:45 A.M.	Power Pump	Chris	Studio 2
7:30	Aqua Splash	Meg	Pool
8:30	Power Pump	Mary P.	Studio 2
9:30	Step It Up	Mary P.	Studio 2
10:30	Zumba Gold	Renee	Studio 2
11:30	Strength Training	Wanda	Studio 2
5:20 P.M.	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
7:30	Total Body Workout	Jen	Studio 1

### Wednesday, June 16<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 1
7:30	Aqua Splash	Meg	Pool
8:30	Classic Conditioning	Adrienne	Studio 2
9:30	Circuit	Karen	Studio 1
9:30	Latin Hip Hop	Colleen	Studio 2
10:30	Yogalates	Colleen	Studio 2
10:30	Revving	Karen	Studio 1
5:20 P.M.	Step It Up	Mary P.	Studio 2
5:20	Yogalates	Sarah	Studio 1
6:25	Revving	Mary P.	Studio 1
6:25	Zumba	Yolanda	Studio 2
7:30	Power Pump	Jen	Studio 2
8:30	Mind-Body Yoga	Kathy	Studio 1
8:35	Aqua Splash	Meg	Pool

### Thursday, June 17<sup>th</sup>

5:45 A.M.	Cardio Mix	Chris	Studio 2
7:30	Aqua Splash	Sue	Pool
8:30	Pilates	Gretchen	Studio 1
8:30	Power Pump	Mary P.	Studio 2
9:30	Step It Up	Mary P.	Studio 2
9:30	Core Fusion	Adrienne	Studio 1
10:30	Cardio Kickboxing	Tina	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
5:05	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
6:25	Pilates (Intermediate)	Gretchen	Studio 1
7:30	Mind-Body Yoga	Gretchen	Studio 1
7:30	Zumba	Renee	Studio 2

### Friday, June 18<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 2
7:30	Aqua Splash	Sue	Pool
8:30	Classic Conditioning	Adrienne	Studio 2
8:30	Power Pump	Wanda	Studio 1
9:30	Circuit	Karen	Studio 1
9:30	Yogalates	Wanda	Studio 2

### Saturday, June 19<sup>th</sup>

8:30 A.M.	Revving	Kate/ Kathy	Studio 1
9:30	Power Pump	Kate/ Kathy	Studio 2

### Sunday, June 20<sup>th</sup>

5:00 P.M.	Candle Light Yoga	Terrie	Studio 2
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\*\*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 June 7<sup>th</sup> →



# Free!

## Summer Break Fitness Classes June 7<sup>th</sup> – June 11<sup>th</sup>



### Monday, June 7<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 1
7:30	Aqua Splash	Sue	Pool
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
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
6:25	Revving	Jen	Studio 1
7:30	Core Fusion	Adrienne	Studio 2
7:30	Power Pump	Jen	Studio 1

### Tuesday, June 8<sup>th</sup>

5:45 A.M.	Power Pump	Chris	Studio 2
7:30	Aqua Splash	Meg	Pool
8:30	Power Pump	Mary P.	Studio 2
9:30	Step It Up	Mary P.	Studio 2
10:30	Zumba Gold	Renee	Studio 2
11:30	Strength Training	Wanda	Studio 2
1:00 P.M.	Gentle Yoga	Terrie	Studio 1
4:15 P.M.	Revving	Chris	Studio 1
5:05	Aqua Splash	Mary H.	Pool
5:20	Mind/Body Yoga	Terrie	Studio 1
5:20	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
7:30	Total Body Workout	Jen	Studio 1

### Wednesday, June 9<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 1
7:30	Aqua Splash	Meg	Pool
8:30	Strength Training	Karen	Studio 1
8:30	Classic Conditioning	Adrienne	Studio 2
9:30	Circuit	Karen	Studio 1
9:30	Latin Hip Hop	Colleen	Studio 2
10:30	Yogalates	Colleen	Studio 2
5:20 P.M.	Step It Up	Mary P.	Studio 2
5:20	Boot Camp Extreme	Mike	Gym Act 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	Jen	Studio 2
8:30	Mind-Body Yoga	Kathy	Studio 1
8:35	Aqua Splash	Meg	Pool

### Thursday, June 10<sup>th</sup>

5:45 A.M.	Cardio Mix	Chris	Studio 2
9:30	Core Fusion	Adrienne	Studio 1
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
7:30	Zumba	Renee	Studio 2

### Friday, June 11<sup>th</sup>

5:45 A.M.	Total Body Workout	Chris	Studio 2
7:30	Aqua Splash	Sue	Pool
8:30	Power Pump	Wanda	Studio 1
9:30	Circuit	Karen	Studio 1
9:30	Yogalates	Wanda	Studio 2

\*\*Space is limited in all classes.\*\*

Availability is on a FIRST come, FIRST serve basis.



Shoreview  
Community Center



Please see other side for classes for the week of June 14<sup>th</sup> →

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