

# Spring Fitness Class Schedule

## EVENING CLASSES

**March 28 - June 5**  
**(10 weeks)**  
**Updated: 4/05/11**

**ANNUAL MEMBERS  
 RECEIVE 30% OFF  
 FITNESS CLASSES!**

**EXCLUDES:**  
 Personal Training, Nordic  
 Walking, Kids Yoga &  
 other specialty classes.

**NOTE:**  
**Shaded Classes**  
 are **NOT** available  
 for drop-in.

### DROP-IN CLASS RATES:

**Yoga , Pilates, Hip Hop**  
**Drop-in Rate:**  
**\$10** Regular Rate  
**\$9** Shoreview Resident Rate

**Revvng, Zumba**  
**Drop-in Rate:**  
**\$9** Regular Rate  
**\$8** Shoreview Resident Rate

**All Other Fitness  
 Classes Drop-in Rate:**  
**\$6<sup>.50</sup>** Regular Rate  
**\$5<sup>.50</sup>** Shoreview Resident Rate

Time	Class	Rate: Regular/ Shoreview Resident	Activity#	Instructor	Location
<b>Monday (No Class May 30)</b>					
4:10PM	Zumba®	\$61/\$56	210544-02	Renee	Studio 2
5:20	Step and Strength	\$47/\$42	210514-01	Tina	Studio 2
5:20	Boot Camp	\$47/\$42	210532-01	Kathy	Studio 1
6:25	Cardio Groove	\$47/\$42	210504-01	Tina	Studio 2
6:30	Revvng	\$61/\$56	210512-01	Jen	Studio 1
7:30	Power Pump	\$47/\$42	210523-04	Jen	Studio 1
7:30	Core Fusion	\$47/\$42	210531-01	Adrienne	Studio 2
8:35	Aqua Splash	\$47/\$42	210522-02	Sara	Pool

<b>Tuesday</b>					
5:05	Aqua Splash	\$52/\$47	210522-04	Mary H	Pool
5:20	Mind/Body Yoga	\$82/\$77	210506-03	Terrie	Studio 1
5:20	Power Pump	\$52/\$47	210523-03	Mary P	Studio 2
6:25	Pilates	\$82/\$77	210507-03	Gretchen	Studio 1
6:25	Cardio Kickboxing	\$52/\$47	210501-01	Mary P	Studio 2
7:30	Total Body Workout	\$52/\$47	210502-04	Jen	Studio 1
7:30	Cardio Bosu with a Pump!	\$52/\$47	210542-01	Mary P	Studio 2

<b>Wednesday</b>					
5:15	Step It Up	\$52/\$47	210516-03	Mary P	Studio 2
5:20	Yogalates	\$82/\$77	210525-02	Sarah	Studio 1
6:00	Boot Camp	\$52/\$47	210532-02	Mike	Gym Act Rm/outside
<b>FULL</b> 6:25	Revvng	\$67/\$62	210512-05	Mary P	Studio 1
7:30	Power Pump	\$52/\$47	210523-05	Jen	Studio 2
7:35	Mind-Body Yoga (75minutes)	\$82/\$77	210506-06	Kathy	Studio 1
8:35	Aqua Splash	\$52/\$47	210522-06	Meg	Pool

<b>Thursday</b>					
4:00PM	Arthritis Found.Aquatic Program	\$52/\$47	210164-02	Fran	Pool
4:15	Revvng	\$67/\$62	210512-02	Mary P.	Studio 1
5:05	Aqua Splash	\$52/\$47	210522-08	Mary H.	Pool
5:20	Yoga Strength	\$82/\$77	210524-01	Mary P.	Studio 1
5:20	Power Pump	\$52/\$47	210523-07	Adrienne	Studio 2
6:25	Cardio Kickboxing	\$52/\$47	210501-03	Adrienne	Studio 2
6:25	Pilates (Intermediate)	\$82/\$77	210511-01	Gretchen	Studio 1
7:30	Mind-Body Yoga	\$82/\$77	210506-05	Gretchen	Studio 1
7:30	Zumba®	\$67/\$62	210544-03	Renee	Studio 2

<b>FRIDAY</b>					
4:15PM	Zumba®	\$67/\$62	210544-04	Renee	Studio 2

### FITNESS PUNCH CARDS Purchase available now at Lower-Level Service Desk

This Punch Card will allow you to take five classes during the session. **Note:** If individual classes are full, Punch Card holders may not be able to participate. Card does not include Tae Kwon Do classes.

**Give our fitness classes a try!**

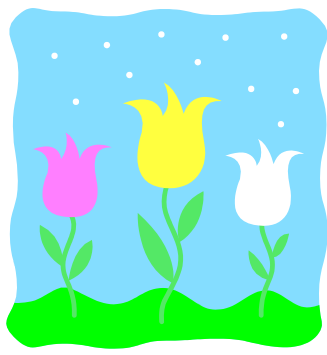
Class	Rate	Activity#
<b>Revvng &amp; Zumba</b>	<b>\$40</b> Regular; <b>\$35</b> Shoreview Resident	210401-01
<b>Hip Hop, Yoga, &amp; Pilates</b>	<b>\$45</b> Regular; <b>\$40</b> Shoreview Resident	210402-01
<b>All Other Fitness Classes</b>	<b>\$28</b> Regular; <b>\$25</b> Shoreview Resident	210403-01

**MEMBERSHIP  
 IS NOT  
 REQUIRED FOR  
 PARTICIPATION  
 IN FITNESS  
 CLASSES.**

**Shoreview  
 Community Center**

**Tropics Waterpark  
 & Fitness Center**

Please see other side for morning classes →



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 Classes Drop-in Rate:**  
**\$6<sup>.50</sup>** Regular Rate  
**\$5<sup>.50</sup>** Shoreview Resident Rate

# Spring Fitness Class Schedule

## MORNING CLASSES

Time	Class	Rate: Regular/ Shoreview Resident	Activity#	Instructor	Location
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### Monday (No Class May 30)

5:35AM	Total Body Workout	\$47/\$42	210502-01	Chris	Studio 1
8:30	Classic Core Conditioning	\$47/\$42	210539-01	Adrienne	Studio 1
8:30	Strength Training	\$47/\$42	210517-01	Karen	Studio 2
9:15	Aqua Splash	\$47/\$42	210522-01	Sue	Pool
9:30	Circuit	\$47/\$42	210505-01	Karen	Studio 1
9:30	Core Fusion	\$47/\$42	210531-03	Adrienne	Studio 2
11:40	Mind/Body Yoga	\$75/\$70	210506-01	Gretchen	Studio 2

### Tuesday

5:35AM	Power Pump	\$52/\$47	210523-01	Chris	Studio 2
8:30	Mind/Body Yoga	\$82/\$77	210506-02	Gretchen	Studio 1
8:30	Power Pump	\$52/\$47	210523-02	Mary P	Studio 2
9:15	Aqua Splash	\$52/\$47	210522-03	Meg	Pool
9:30	Step It Up	\$52/\$47	210516-01	Mary P	Studio 2
9:30	Pilates	\$82/\$77	210507-01	Gretchen	Studio 1
10:40	Zumba Gold®	\$52/\$47	210544-05	Renee	Studio 2
11:35	Strength Training	\$52/\$47	210541-01	Wanda	Studio 2
12:45PM	Gentle Yoga	\$82/\$77	210163-01	Terrie	Studio 1

### Wednesday

5:35AM	Total Body Workout	\$52/\$47	210502-02	Chris	Studio 1
8:30	Classic Cardio Conditioning	\$52/\$47	210539-02	Adrienne	Studio 2
9:15	Aqua Splash	\$52/\$47	210522-05	Meg	Pool
9:30	Circuit	\$52/\$47	210505-02	Karen	Studio 1
9:30	Zumba®	\$67/\$62	210544-07	Renee	Studio 2
10:30	Revvng	\$67/\$62	210512-04	Karen	Studio 1
10:30	Yoga Stretch	\$82/\$77	210524-02	Renee	Studio 2

### Thursday

5:35AM	Power Pump	\$52/\$47	210523-08	Chris	Studio 2
8:25	Aqua Flow	\$52/\$47	210521-01	Sue	Pool
8:30	Pilates	\$82/\$77	210507-02	Gretchen	Studio 1
8:30	Power Pump	\$52/\$47	210523-06	Mary P	Studio 2
9:30	Step It Up	\$52/\$47	210516-04	Mary P	Studio 2
9:30	Core Fusion	\$52/\$47	210531-02	Adrienne	Studio 1
9:30	Aqua Splash	\$52/\$47	210522-07	Sue	Pool
11:35	Strength Training	\$52/\$47	210541-02	Wanda	Studio 2
12:45PM	Gentle Yoga	\$82/\$77	210163-02	Wanda	Studio 2

### Friday

5:35AM	Total Body Workout	\$52/\$47	210502-03	Chris	Studio 2
6:00	Revvng	\$67/\$62	210512-07	Barb	Studio 1
8:30	Classic Strength Conditioning	\$52/\$47	210539-03	Adrienne	Studio 2
8:30	Zumba® and Core	\$67/\$62	210544-08	Wanda	Studio 1
9:15	Aqua Splash	\$52/\$47	210522-09	Sue	Pool
9:30	Circuit	\$52/\$47	210505-03	Karen	Studio 1
9:30	Yogalates	\$82/\$77	210525-04	Wanda	Studio 2

### Saturday

8:30AM	Zumba®	\$67/\$62	210544-06	Renee	Studio 2
8:30	Revvng	\$67/\$62	210512-08	Kate/Kathy	Studio 1
9:30	Power Pump	\$52/\$47	210523-09	Kate/Kathy	Studio 2
10:15	Kids Yoga	\$40/\$35	210245-01	Terrie	Studio 1
11:15	Mind/Body Yoga	\$82/\$77	210506-04	Terrie	Studio 1

### Sunday (No class April 24)

<b>FULL</b> 8:30AM	Revvng	\$61/\$56	210512-09	Mike	Studio 1
1:00PM	Latin Hip Hop	\$61/\$56	210545-01	Ninoska	Studio 2
5:00PM	Candlelight Yoga	\$75/\$70	210537-01	Terrie	Studio 2
6:15PM	Perinatal Yoga	\$75/\$70	210508-01	Terrie	Studio 2

*Shoreview  
 Community Center*

**Tropics Waterpark  
 & Fitness Center**

Please see other side for evening classes ➡