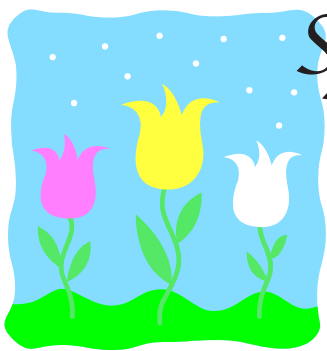


# Spring Fitness Class Schedule

## EVENING CLASSES



Time	Class	Rate / Shoreview Res.	Activity#	Instructor	Location
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### MONDAY No Class May 31 (9 weeks)

4:15 P.M.	Zumba	\$60/\$56	210544-02	Renee	Studio2
5:20	Step and Strength	\$46/\$41	210514-01	Tina	Studio 2
5:20	Boot Camp	\$46/\$41	210532-01	Kathy	Studio 1
6:25	Cardio Groove	\$46/\$41	210504-01	Tina	Studio 2
6:25	Revving	\$60/\$56	210512-01	Jennifer	Studio 1
7:30	Power Pump	\$46/\$41	210523-04	Jennifer	Studio 2
7:30	Core Fusion	\$46/\$41	210531-01	Adrienne	Studio 1
8:35	Aqua Splash	\$46/\$41	210522-02	Sara	Pool

### TUESDAY

4:00 P.M.	Arthritis Foundation Water Ex	\$51/\$46	210164-01	Fran	Pool
<b>New!</b> 4:15	Revving	\$66/\$61	210512-02	Chris	Studio 1
5:05	Aqua Splash	\$51/\$46	210522-04	Mary H.	Pool
5:20	Mind/Body Yoga	\$81/\$76	210506-03	Terrie	Studio 1
5:20	Power Pump	\$51/\$46	210523-03	Mary P.	Studio 2
6:25	Pilates	\$81/\$76	210507-03	Gretchen	Studio 1
6:25	Cardio Kickboxing	\$51/\$46	210501-01	Mary P.	Studio 2
7:30	Total Body Workout	\$51/\$46	210502-04	Jennifer	Studio 1
7:30	Cardio Bosu with a Pump!	\$51/\$46	210542-01	Mary P.	Studio 2

### WEDNESDAY

5:20 P.M.	Step It Up	\$51/\$46	210516-03	Mary P.	Studio 2
5:20	Yogalates	\$81/\$76	210525-02	Sarah	Studio 1
6:25	Revving <b>FULL</b>	\$66/\$61	210512-05	Mary P.	Studio 1 <b>FULL</b>
6:25	Zumba	\$66/\$61	210544-01	Yolanda	Studio 2
7:30	Arthritis Foundation Tai Chi	\$51/\$46	210235-01	Kari	Studio 1
7:30	Power Pump	\$51/\$46	210523-05	Jennifer	Studio 2
8:30	Mind/Body Yoga	\$81/\$76	210506-06	Kathy	Studio 1
<b>New!</b> 8:35	Aqua Splash	\$51/\$46	210522-06	Meg	Pool

### THURSDAY

4:00 P.M.	Arthritis Foundation Water Ex	\$51/\$46	210164-02	Fran	Pool
4:15	Total Body Workout	\$51/\$46	210502-05	Chris	Studio 1
<b>New!</b> 5:05	Aqua Splash	\$51/\$46	210522-08	Mary	Pool
5:20	Yoga Strength	\$81/\$76	210524-01	Mary P.	Studio 1
5:20	Power Pump	\$51/\$46	210523-07	Adrienne	Studio 2
6:25	Cardio Kickboxing <b>FULL</b>	\$51/\$46	210501-03	Adrienne	Studio 2 <b>FULL</b>
6:25	Pilates (Intermediate)	\$81/\$76	210511-01	Gretchen	Studio 1
7:30	Mind-Body Yoga	\$81/\$76	210506-05	Gretchen	Studio 2
7:30	Zumba	\$66/\$61	210544-03	Renee	Studio 2

### FRIDAY

5:00 P.M.	Yogalates	\$81/\$76	210525-03	Colleen	Studio 2
6:00	Latin Hip Hop	\$66/\$61	210545-01	Colleen	Studio 2

### FITNESS PUNCH CARDS Now Available for Purchase at Lower-Level Service Desk

Give our fitness classes a try! 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. Drop-in class schedule will be available the first week of classes. Card does not include Tae Kwon Do classes. Revving & Zumba, Yoga, T'ai Chi and Pilates will have their own punch cards.

Class	Rate	Activity#
Revving & Zumba	\$40; \$35 Shoreview Resident	210401-01
Hip Hop, Yoga, & Pilates	\$45; \$40 Shoreview Resident	210402-01
All Other Fitness Classes	\$28; \$25 Shoreview Resident	210403-01

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

Revised 04/01/10  
March 29 - June 6  
(10 weeks)

No Class Monday, May 31.  
No Class Sunday, April 4.

Shaded classes are not available for Drop-In

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

Excludes Personal Training, Nordic Walking, Kids Yoga and other specialty classes. (Discounts not available online at this time.)

### DROP-IN CLASSES

The drop-in class schedule will be available the first week of classes.

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

**Revving, Zumba Drop-in Rate**  
\$9, \$8 Shoreview Resident

**All Other Fitness Classes Drop-in Rate**  
\$6.50, \$5.50 Shoreview Resident

Please see other side for morning classes

Shoreview Community Center

Tropics Waterpark & Fitness Center

4580 Victoria Street North, Shoreview, Minnesota 55126

(651) 490-4700

# Spring Fitness Class Schedule

## MORNING CLASSES

Time	Class	Rate / Shoreview Res.	Activity#	Instructor	Location
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### MONDAY No Class May 31 (9 weeks)

5:45 A.M.	Total Body Workout	\$46/\$41	210502-01	Chris	Studio 1
8:30	Classic Conditioning	\$46/\$41	210539-01	Adrienne	Studio 1
8:30	Strength Training	\$46/\$41	210517-01	Karen	Studio 2
9:30	Circuit	\$46/\$41	210505-01	Karen	Studio 1
9:30	Core Fusion	\$46/\$41	210531-03	Adrienne	Studio 2
9:30	Aqua Splash	\$46/\$41	210522-01	Sue	Pool
11:40	Mind/Body Yoga	\$73/\$68	210506-01	Gretchen	Studio 2

### TUESDAY

5:45 A.M.	Power Pump	\$51/\$46	210523-01	Chris	Studio 2
6:00	Yogalates	\$81/\$76	210525-01	Barb	Studio 1
8:30	Mind/Body Yoga	\$81/\$76	210506-02	Gretchen	Studio 1
8:30	<b>FULL</b> Power Pump	\$51/\$46	210523-02	Mary P.	<b>FULL</b> Studio 2
9:30	Aqua Splash	\$51/\$46	210522-03	Meg	Pool
9:30	Step It Up	\$51/\$46	210516-01	Mary P.	Studio 2
9:30	Pilates	\$81/\$76	210507-01	Gretchen	Studio 1
11:30 A.M.	Strength Training	\$51/\$46	210541-01	Wanda	Studio 2
1:00 P.M.	Gentle Yoga	\$81/\$76	210163-01	Terrie	Studio 1

### WEDNESDAY

5:45 A.M.	Total Body Workout	\$51/\$46	210502-02	Chris	Studio 1
6:00	Step & Strength	\$51/\$46	210514-02	Barb	Studio 2
8:30	Strength Training	\$51/\$46	210517-02	Karen	Studio 1
8:30	Classic Conditioning	\$51/\$46	210539-02	Adrienne	Studio 2
9:30	Aqua Splash	\$51/\$46	210522-05	Meg	Pool
9:30	Circuit	\$51/\$46	210505-02	Karen	Studio 1
10:30	Revving	\$66/\$61	210512-04	Karen	Studio 1

### THURSDAY

5:45 A.M.	Cardio Mix	\$51/\$46	210503-01	Chris	Studio 1
8:25	Aqua Flow	\$51/\$46	210521-01	Sue	Pool
8:30	Pilates	\$81/\$76	210507-02	Gretchen	Studio 1
8:30	Power Pump	\$51/\$46	210523-06	Mary P.	Studio 2
9:30	Step It Up	\$51/\$46	210516-04	Mary P.	Studio 2
9:30	Core Fusion	\$51/\$46	210531-02	Adrienne	Studio 1
9:30	Aqua Splash	\$51/\$46	210522-07	Sue	Pool
11:30 A.M.	Strength Training	\$51/\$46	210541-02	Wanda	Studio 2

### FRIDAY

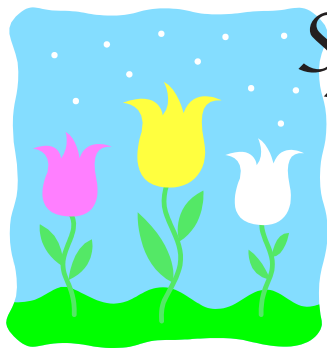
5:45 A.M.	Total Body Workout	\$51/\$46	210502-03	Chris	Studio 2
6:00	Revving	\$66/\$61	210512-07	Barb	Studio 1
8:30	Strength Training	\$51/\$46	210517-03	Wanda	Studio 1
8:30	Classic Conditioning	\$51/\$46	210539-03	Adrienne	Studio 2
9:30	Aqua Splash	\$51/\$46	210522-09	Sue	Pool
9:30	Circuit	\$51/\$46	210505-03	Karen	Studio 1
9:30	Yogalates	\$81/\$76	210525-04	Wanda	Studio 2

### Saturday

8:30 A.M.	Revving	\$66/\$61	210512-08	Kate/Kathy	Studio 1
9:30	Power Pump	\$51/\$46	210523-09	Kate/Kathy	Studio 2
10:00	Kids Yoga	\$40/\$35	210245-01	Terrie	Studio 1
10:45	Cardio Kickboxing	\$51/\$46	210501-04	Tina/Kathy/Kate	Studio 2
11:15	Mind/Body Yoga	\$81/\$76	210506-04	Terrie	Studio 1

### Sunday No Class April 4

8:30 A.M.	Revving	\$60/\$56	210512-09	Mike	Studio 1
5:00PM	Candle Light Yoga	\$73/\$68	210537-01	Terrie	Studio 2



Revised 04/1/10

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**New!**

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**Drop-in Rate**

\$9, \$8 Shoreview Resident

**All Other Fitness Classes**

**Drop-in Rate**

\$6.50, \$5.50 Shoreview  
Resident

Please see other side for evening classes



Shoreview  
Community Center



4580 Victoria Street North, Shoreview, Minnesota 55126

(651) 490-4700