

2011 Summer Fitness Class Schedule



Morning Classes

June 20 - Aug. 28
(10 weeks)
Updated: 6/27/11

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

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

**DROP-IN
CLASS RATES:**

**Yoga & Pilates
Drop-in Rate:**
\$10 Regular Rate
\$9 Shoreview Resident Rate

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

**All Other Fitness Classes
Drop-in Rate:**
\$6⁵⁰ Regular Rate
\$5⁵⁰ Shoreview Resident Rate

Time	Class	Rate Regular/Resident	Activity#	Instructor	Location
MONDAY (No class July 4th)					
5:35AM	Total Body Workout	\$47/\$42	310502-01	Chris	Studio 1
7:30am	Aqua Splash	\$47/\$42	310522-01	Sue	Pool
8:30	Classic Core Conditioning	\$47/\$42	310539-01	Adrienne	Studio 1
8:30	Strength Training	\$47/\$42	310517-01	Karen	Studio 2
9:30	Circuit	\$47/\$42	310505-01	Karen	Studio 1
9:30	Core Fusion	\$47/\$42	310531-03	Adrienne	Studio 2
11:40	Mind/Body Yoga	\$75/\$70	310506-01	Gretchen	Studio 2
TUESDAY					
5:35AM	Power Pump	\$52/\$47	310523-01	Chris	Studio 2
7:30	Aqua Splash	\$52/\$47	310522-03	Meg	Pool
8:30	Mind/Body Yoga	\$82/\$77	310506-02	Gretchen	Studio 1
8:30	Power Pump FULL	\$52/\$47	310523-02	Mary P	Studio 2
9:30	Step It Up	\$52/\$47	310516-01	Mary P	Studio 2
10:40	Zumba*	\$52/\$47	310544-05	Wanda	Studio 2
11:35	Strength Training	\$52/\$47	310541-01	Wanda	Studio 2
12:45PM	Gentle Yoga	\$82/\$77	310163-01	Terrie	Studio 1
WEDNESDAY					
5:35AM	Total Body Workout	\$52/\$47	310502-02	Chris	Studio 1
7:30	Aqua Splash	\$52/\$47	310522-05	Meg	Pool
8:30	Classic Cardio Conditioning	\$52/\$47	310539-02	Adrienne	Studio 2
9:30	Circuit	\$52/\$47	310505-02	Karen	Studio 1
9:30	Zumba*	\$67/\$62	310544-07	Wanda	Studio 2
10:30	Yoga Stretch	\$82/\$77	310524-02	Wanda	Studio 2
THURSDAY					
5:35AM	Power Pump	\$52/\$47	310523-08	Chris	Studio 2
7:30	Aqua Splash	\$52/\$47	310522-07	Sue	Pool
8:30	Pilates	\$82/\$77	310507-02	Gretchen	Studio 1
8:30	Power Pump FULL	\$52/\$47	310523-06	Mary P	Studio 2
9:30	Step It Up	\$52/\$47	310516-04	Mary P	Studio 2
9:30	Core Fusion	\$52/\$47	310531-02	Adrienne	Studio 1
10:30	Zumba* and Strength	\$67/\$62	310544-09	Tina	Studio 1
11:35	Strength Training	\$52/\$47	310541-02	Wanda	Studio 2
12:45PM	Gentle Yoga	\$82/\$77	310163-02	Wanda	Studio 2
FRIDAY					
5:35AM	Total Body Workout	\$52/\$47	310502-03	Chris	Studio 2
7:30	Aqua Splash	\$52/\$47	310522-09	Sue	Pool
8:30	Classic Strength Conditioning	\$52/\$47	310539-03	Adrienne	Studio 2
8:30	Zumba* and Core	\$67/\$62	310544-08	Wanda	Studio 1
9:30	Circuit	\$52/\$47	310505-03	Karen	Studio 1
SATURDAY (See next page for Sunday)					
8:30	Zumba*	\$67/\$62	310544-06	Ali	Studio 2
8:30	Revvng	\$67/\$62	310512-08	Kate/Kathy	Studio 1
9:30	Power Pump	\$52/\$47	310523-09	Kate/Kathy	Studio 2
10:15	Kids Yoga	\$40/\$35	310245-01	Terrie	Studio 1

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#
Revvng, Zumba & Hip Hop	\$40 Regular; \$35 Shoreview Resident	310401-01
Yoga & Pilates	\$45 Regular; \$40 Shoreview Resident	310402-01
All Other Fitness Classes	\$28 Regular; \$25 Shoreview Resident	310403-01

Membership
is not required
for participation
in fitness classes.

Shoreview
Community Center



2011 Summer Fitness Class Schedule



Evening Classes

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All Other Fitness Classes
Drop-in Rate:
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\$5⁵⁰ Shoreview Resident Rate

TIME	CLASS	RATE Regular/Resident	Activity#	Instructor	Location
MONDAY (No class July 4th)					
4:10PM	Zumba*	\$61/\$56	310544-02	Jan	Studio 2
5:20	Step and Strength	\$47/\$42	310514-01	Tina	Studio 2
5:20	Boot Camp	\$47/\$42	310532-01	Kathy	Studio 1
6:25	Cardio Groove	\$47/\$42	310504-01	Tina	Studio 2
6:30	Revvig	\$61/\$56	310512-01	Jen	Studio 1
7:30	Power Pump	\$47/\$42	310523-04	Jen	Studio 1
7:30	Core Fusion	\$47/\$42	310531-01	Adrienne	Studio 2
8:35	Aqua Splash	\$47/\$42	310522-02	Sara	Pool
TUESDAY					
2:00PM	Kids Yoga	\$40/\$35	310245-02	Terrie	Studio 2
2:45	Kids Yoga	\$40/\$35	310245-03	Terrie	Studio 2
5:05	Aqua Splash	\$52/\$47	310522-04	Mary H	Pool
5:20	Mind/Body Yoga	\$82/\$77	310506-03	Terrie	Studio 1
5:20	Power Pump	\$52/\$47	310523-03	Mary P	Studio 2
6:25	Pilates	\$82/\$77	310507-03	Gretchen	Studio 1
6:25	Cardio Kickboxing	\$52/\$47	310501-01	Mary P	Studio 2
7:30	Total Body Workout	\$52/\$47	310502-04	Jen	Studio 1
7:30	Cardio Bosu with a Pump!	\$52/\$47	310542-01	Mary P	Studio 2
WEDNESDAY					
5:15PM	Step It Up	\$52/\$47	310516-03	Mary P	Studio 2
5:20	Yogalates	\$82/\$77	310525-02	Sarah	Studio 1
6:00	Boot Camp	\$52/\$47	310532-02	Ryan	Gym Act. Rm./outside
6:25	Revvig	\$67/\$62	310512-05	Mary P	Studio 1
7:30	Power Pump	\$52/\$47	310523-05	Jen	Studio 2
7:35	Mind-Body Yoga (75minutes)	\$82/\$77	310506-06	Kathy	Studio 1
8:35	Aqua Splash	\$52/\$47	310522-06	Meg	Pool
THURSDAY					
4:15PM	Revvig	\$67/\$62	310512-02	Mary P	Studio 1
5:05	Aqua Splash	\$52/\$47	310522-08	Mary H	Pool
5:20	Yoga Strength	\$82/\$77	310524-01	Mary P	Studio 1
5:20	Power Pump	\$52/\$47	310523-07	Adrienne	Studio 2
6:25	Cardio Kickboxing	\$52/\$47	310501-03	Adrienne	Studio 2
6:25	Pilates (Intermediate)	\$82/\$77	310511-01	Gretchen	Studio 1
7:30	Mind-Body Yoga	\$82/\$77	310506-05	Gretchen	Studio 1
7:30	Zumba*	\$67/\$62	310544-03	Ninoska	Studio 2
FRIDAY					
4:15PM	Zumba*	\$67/\$62	310544-04	Jan	Studio 2
5:30	Latin Hip Hop	\$67/\$62	310545-02	Ninoska	Studio 2
SUNDAY					
1:00PM	Latin Hip Hop	\$67/\$62	310545-01	Ninoska	Studio 2
5:00	Candlelight Yoga	\$82/\$77	310537-01	Terrie	Studio 2
6:15	Perinatal Yoga	\$82/\$77	310508-01	Terrie	Studio 2

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 Community Center*

