



Summer Fitness Class Schedule

EVENING CLASSES

Revised 07/2/10

June 21 – August 29
(10 weeks)

No Class Sunday, July 4th.

ANNUAL MEMBERS RECEIVE 30% OFF FITNESS CLASSES

Excludes Personal Training, Nordic Walking, Kids Yoga, Youth classes 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, Drop-in Rate

\$10, \$9 Shoreview Resident

Revvng & Zumba, Hip Hop Drop-in Rate

\$9, \$8 Shoreview Resident

All Other Fitness Classes Drop-in Rate

\$6.50, \$5.50 Shoreview Resident

Time	Class	Rate / Shoreview Res.	Activity#	Instructor	Location
MONDAY					
4:15 P.M.	Zumba	\$66/\$61	310544-02	Renee	Studio2
5:20	Step and Strength	\$51/\$46	310514-01	Tina	Studio 2
5:20	Boot Camp	\$51/\$46	310532-01	Kathy	Studio 1
6:25	Cardio Groove	\$51/\$46	310504-01	Tina	Studio 2
6:25	Revvng	\$66/\$61	310512-01	Jennifer	Studio 1
7:30	Power Pump	\$51/\$46	310523-04	Jennifer	Studio 1
7:30	Core Fusion	\$51/\$46	310531-01	Adrienne	Studio 2
8:35	Aqua Splash	\$51/\$46	310522-02	Sara	Pool
TUESDAY					
4:15 P.M.	Revvng	\$66/\$61	310512-02	Chris	Studio 1
5:05	Aqua Splash	\$51/\$46	310522-04	Mary H.	Pool
5:20	Mind/Body Yoga	\$81/\$76	310506-03	Terrie	Studio 1
5:20	Power Pump	\$51/\$46	310523-03	Mary P.	Studio 2
6:25	Pilates	\$81/\$76	310507-03	Gretchen	Studio 1
6:25	Cardio Kickboxing	\$51/\$46	310501-01	Mary P.	Studio 2
7:30	Total Body Workout	\$51/\$46	310502-04	Jennifer	Studio 1
7:30	Cardio Bosu with a Pump!	\$51/\$46	310542-01	Mary P.	Studio 2
WEDNESDAY					
5:20 P.M.	Step It Up	\$51/\$46	310516-03	Mary P.	Studio 2
5:20	Boot Camp Extreme	\$51/\$46	310532-02	Mike	Gym Act Rm/Outsd
5:20	Yogalates	\$81/\$76	310525-02	Sarah	Studio 1
6:25	Revvng	\$66/\$61	310512-05	Mary P.	Studio 1
6:25	Zumba	\$66/\$61	310544-01	Yolanda	Studio 2
7:30	Arthritis Foundation Tai Chi	\$51/\$46	310235-01	Kari	Studio 1
7:30	Power Pump	\$51/\$46	310523-05	Jennifer	Studio 2
8:30	Mind-Body Yoga	\$81/\$76	310506-06	Kathy	Studio 1
8:35	Aqua Splash	\$51/\$46	310522-06	Meg	Pool
THURSDAY					
4:15 P.M.	Total Body Workout	\$51/\$46	310502-05	Chris	Studio 1
5:05	Aqua Splash	\$51/\$46	310522-08	Mary	Pool
5:20	Yoga Strength	\$81/\$76	310524-01	Mary P.	Studio 1
5:20	Power Pump	\$51/\$46	310523-07	Adrienne	Studio 2
6:25	Cardio Kickboxing	\$51/\$46	310501-03	Adrienne	Studio 2
6:25	Pilates (Intermediate)	\$81/\$76	310511-01	Gretchen	Studio 1
7:30	Mind-Body Yoga	\$81/\$76	310506-05	Gretchen	Studio 1
7:30	Zumba	\$66/\$61	310544-03	Renee	Studio 2

FITNESS PUNCH CARDS

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.

Class	Rate	Activity #
Revvng, Hip Hop, Zumba, and Tai Chi	\$40; \$35 Shoreview Resident	310401-01
Yoga, Pilates, and Yogalates	\$45; \$40 Shoreview Resident	310402-01
All Other Fitness Classes	\$28; \$25 Shoreview Resident	310403-01

Available for purchase at Lower-Level Service Desk or Upper Parks and Recreation Desk during office hours.



Please see other side for evening classes →

4580 Victoria Street North, Shoreview, Minnesota 55126

(651) 490-4700



Summer Fitness Class Schedule

MORNING CLASSES

Revised 07/2/10

Time	Class	Rate / Shoreview Res.	Activity#	Instructor	Location
MONDAY					
5:45 A.M.	Total Body Workout	\$51/\$46	310502-01	Chris	Studio 1
7:30	Aqua Splash	\$51/\$46	310522-01	Sue	Pool
8:30	Classic Conditioning	\$51/\$46	310539-01	Adrienne	Studio 1
8:30	Strength Training	\$51/\$46	310517-01	Karen	Studio 2
9:30	Circuit	\$51/\$46	310505-01	Karen	Studio 1
9:30	Core Fusion	\$51/\$46	310531-03	Adrienne	Studio 2
11:40	Mind/Body Yoga	\$81/\$76	310506-01	Gretchen	Studio 2
TUESDAY					
5:45 A.M.	Power Pump	\$51/\$46	310523-01	Chris	Studio 2
7:30	Aqua Splash	\$51/\$46	310522-03	Meg	Pool
8:30	Mind/Body Yoga	\$81/\$76	310506-02	Gretchen	Studio 1
8:30	Power Pump	\$51/\$46	310523-02	Mary P.	Studio 2
9:30	Step It Up	\$51/\$46	310516-01	Mary P.	Studio 2
9:30	Pilates	\$81/\$76	310507-01	Gretchen	Studio 1
New! 10:30	Zumba Gold	\$51/\$46	310544-04	Renee	Studio 1
11:30	Strength Training	\$51/\$46	310541-01	Wanda	Studio 2
New! 12:30 P.M.	Youth Strength and Exercise (8yrs & up)	\$40	310246-01	Wanda	Studio 2
New! 2:15	Kids Yoga	\$40/\$35	310245-02	Terrie	Studio 1
WEDNESDAY					
5:45 A.M.	Total Body Workout	\$51/\$46	310502-02	Chris	Studio 1
7:30	Aqua Splash	\$51/\$46	310522-05	Meg	Pool
8:30	Strength Training	\$51/\$46	310517-02	Karen	Studio 1
8:30	Classic Conditioning	\$51/\$46	310539-02	Adrienne	Studio 2
9:30	Circuit	\$51/\$46	310505-02	Karen	Studio 1
New! 9:30	Latin Hip Hop	\$66/\$61	310545-01	Colleen	Studio 2
10:30	Revvng	\$66/\$61	310512-04	Karen	Studio 1
THURSDAY					
5:45 A.M.	Cardio Mix	\$51/\$46	310503-01	Chris	Studio 2
7:30	Aqua Splash	\$51/\$46	310522-07	Sue	Pool
8:30	Power Pump	\$51/\$46	310523-06	Mary P.	Studio 2
9:30	Step It Up	\$51/\$46	310516-04	Mary P.	Studio 2
9:30	Core Fusion	\$51/\$46	310531-02	Adrienne	Studio 1
11:30	Strength Training	\$51/\$46	310541-02	Wanda	Studio 2
FRIDAY					
5:45 A.M.	Total Body Workout	\$51/\$46	310502-03	Chris	Studio 2
7:30	Aqua Splash	\$51/\$46	310522-09	Sue	Pool
8:30	Classic Conditioning	\$51/\$46	310539-03	Adrienne	Studio 2
9:30	Circuit	\$51/\$46	310505-03	Karen	Studio 1
SATURDAY					
8:30 A.M.	Revvng	\$66/\$61	310512-08	Kate/Kathy	Studio 1
9:30	Power Pump	\$51/\$46	310523-09	Kate/Kathy	Studio 2
10:00	Kids Yoga	\$40/\$35	310245-01	Terrie	Studio 1
SUNDAY					
5:00 P.M.	Candle Light Yoga	\$73/\$68	310537-01	Terrie	Studio 2

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Shoreview
Community Center

Tropics Waterpark
& Fitness Center

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