

# JULY GROUP FITNESS CLASS SCHEDULE

MONDAY	CLASS	INSTR.	LOC.
8:30 am	Fitness Pilates	Perry	Studio 2
9:30 am	Yin/Restorative Yoga	Scott	Studio 2
10:00 am	Total Body Workout	Maria	Studio 1
4:30 pm	Power Pump (every other week)	Perry	Studio 1
4:45 pm	Foam roller Yoga (every other week)	Chelsey	Studio 2
5:45 pm	The Groove	Jen	Studio 1

## TUESDAY

5:35 am	The Resistance Workout	Chris	Studio 1
8:30 am	Power Pump	Mary	Studio 1
9 am	Aqua Fit	Meg	Pool
9 am	Power Yoga	Beth	Studio 2
9:45 am	Step Cardio	Mary	Studio 1
4:30 pm	Cycle Training	Mary	Studio 3
5:30 pm	Power Strength	Katelyn	Studio 1
6:30 pm	Aqua Fit	Connie	Pool
6:30 pm	Power Yoga	Alexandra	Studio 2

## WEDNESDAY

5:35 am	Total Body Workout	Chris	Studio 1
8:30 am	Fitness Pilates	Scott	Studio 2
10 am	Barre Principle	Sarah	Studio 2
4:30 pm	Total Body Workout	Mary	Studio 1
5:30 pm	Power Yoga	Mary	Studio 2
6:30 pm	Cardio Kickboxing	Perry	Studio 1

THURSDAY	CLASS	INSTR.	LOC.
5:35 am	The Resistance Workout	Chris	Studio 1
8:30 am	Power Pump	Denise	Studio 1
8:45 am	TRX® (45 min)	Mary	Studio 2
9 am	Aqua Fit	Sue	Pool
9:45 am	Step Cardio	Mary	Studio 1
4:30 pm	Yoga Basics	Scott	Studio 2
5:30 pm	Barre Principle	Sarah	Studio 2

## FRIDAY

5:35 am	Total Body Workout	Chris	Studio 3
8:30 am	Power Yoga	Beth	Studio 2
9 am	Aqua Fit	Sue	Pool
9:30 am	Cardio Kickboxing	Perry	Studio 1
10:45 am	Yin/Restorative Yoga	Scott	Studio 2
4:30 pm	Zumba®	Jan	Studio 1

## SATURDAY

8 am	Outdoor Boot Camp	Mike	Studio 3
8:30 am	Barre Principle	Sarah	Studio 2
8:45 am	Zumba®	Jan	Studio 1
9:30 am	Fitness Pilates	Sarah	Studio 2
10:30 am	Cardio Kickboxing (every other week)	Perry	Studio 1

## SUNDAY

8:30 am	Cycle training	Mike	Studio 3
9 am	Power Yoga	Beth	Studio 2
11:30 am	Total Body Workout	Wendy	Studio 1

## Group fitness policies

- **Reservations required for all Group Fitness classes except Aqua Fit**
- Make a reservation at [shoreviewmn.gov](http://shoreviewmn.gov)
- Classes with fewer than three participants will be canceled due to low enrollment



Scan me to find  
class descriptions!

Revised: 6/20/25

# Group x card

## Process

- **To start:** purchase Group x card at the parks & recreation desk in-person or over the phone at 651-490-4750 during office hours (M - F, 8 am - 4:30 pm)
- **To use:** Reserve your spot in class online at shoreviewmn.gov. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- **Classes never expire:** Reload more over the phone or with parks & recreation.
- **Questions?** Contact parks & recreation: 651-490-4750, recreation@shoreviewmn.gov

## Pricing effective January 1, 2025

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$56	\$39	\$50	\$35
10 classes	\$107	\$75	\$98	\$69
25 classes	\$263	\$184	\$239	\$167
50 classes	\$503	\$352	\$456	\$319

Group Fitness drop-in rate: \$12.50; \$11.50 SV Res

There is one Group x card allowed per individual. Cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are available for purchase at the lower service desk the day of class.

Pricing subject to change.