

Spring Break

FITNESS CLASSES

March 26th - 31st, 2018

Shoreview
Community Center

Tropics Waterpark
& Fitness Center 

Each class is FREE! No registration is necessary; just drop by!

MONDAY, MARCH 26 th			
	Class	Instructor	Location
9:30 A.M.	Mind/Body Yoga	Gretchen	Studio 1
9:30 A.M.	Power Strength	Perry	Studio 2
10:30 A.M.	Kickboxing	Perry	Studio 2
5:30 P.M.	Cardio Strength	Adrienne	Studio 2
6:30 P.M.	Yoga Sculpt	Adrienne	Studio 2
TUESDAY, MARCH 27 th			
9:30 A.M.	Yogalates	Sarah	Studio 2
10:30 A.M.	Dance Jam	Perry & Mary J.	Studio 2
1:00 P.M.	Tai Chi	Richard	Studio 2
6:00 P.M.	Step Cardio	Kristin	Studio 2
7:00 P.M.	Power Pump	Wendy	Studio 2
WEDNESDAY, MARCH 28 th			
9:00 A.M.	Stretch & Balance	Perry	Studio 2
10:00 A.M.	HIIT (High Intensity Interval Training)	Kathy	Studio 2
5:30 P.M.	Mind/Body Yoga	Jess	Studio 2
6:00 P.M.	Indoor Group Cycling	Mike	GAR
6:30 P.M.	Kickboxing	Kristin & Adrienne	Studio 2
THURSDAY, MARCH 29 th			
5:35 A.M.	HIIT (High Intensity Interval Training)	Chris	Studio 2
9:30 A.M.	Step Cardio	Kristin	Studio 2
10:30 A.M.	Tai Chi	Richard	Studio 1
5:30 P.M.	Mind/Body Yoga	Jess	Studio 2
6:30 P.M.	Total Body Workout	Wendy	Studio 2
FRIDAY, MARCH 30 th			
5:35 A.M.	Total Body Workout	Chris	Studio 2
8:30 A.M.	Classic Strength Conditioning	Adrienne	Studio 2
9:30 A.M.	Chair Yoga	Adrienne	Studio 1
9:30 A.M.	Kickboxing	Perry	Studio 2
10:45 A.M.	Power Strength	Perry	Studio 2
SATURDAY, MARCH 31 st			
8:30 A.M.	Cardio Dance (retro 80's music & workout attire)	Tina	Studio 2
9:30 A.M.	Yoga Sculpt	Adrienne	Studio 2
10:30 A.M.	Power Pump	Adrienne	Studio 2
10:30 A.M.	Restorative Yoga	Terrie	Studio 1

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4580 Victoria St. N, Shoreview, MN 55126 | 651.490.4750 | www.ShoreviewCommunityCenter.com