

# FALL FITNESS CLASS SCHEDULE

October 1 - December 23 (11 weeks)

MONDAY			
		Instructor	Location
5:35am	H.I.I.T. (High Intensity Interval Training)	Chris	Studio 1
5:45am	Cycle Training	Mike	Studio 4
8:30am	60/40 Cycle Training	Perry	Studio 4
8:30am	Fundamental Comb	Perry	Studio 1
8:30am	Yoga/Pilates Fusion	Jess	Studio 2
9:15am	Aqua Fit	Sue	Pool
9:45am	H.I.I.T. (High Intensity Interval Training)	Kathy	Studio 1
10:45am	TRX (35 min)	Jess	Studio 3
11:45am	Power Yoga	Wanda	Studio 2
4:30pm	H.I.I.T.	Hannah	Studio 3
5:30pm	60/40 Cardio Floor	Adrienne	Studio 1
5:30pm	Yoga/Pilates Fusion	Sarah	Studio 2
6:30pm	Yin/Restorative Yoga	Jess	Studio 2
6:30pm	Total Body Workout	Steph	Studio 3
6:30pm	Yoga Sculpt	Adrienne	Studio 1
TUESDAY			
5:35am	The Resistance Workout	Chris	Studio 1
8:30am	Power Pump	Mary P.	Studio 1
8:30am	Hatha Yoga	Gretchen	Studio 2
9:15am	Aqua Fit	Meg	Pool
9:30am	Step Cardio	Mary P.	Studio 1
10:30am	Dance Jam	Mary J.	Studio 1
11:45am	The Resistance Workout	Wanda	Studio 1
4:30pm	Total Body Workout	Mary P.	Studio 3
5:30pm	Power Strength	Perry/Denise	Studio 1
5:30pm	Power Yoga	Mary P.	Studio 2
6:15pm	Aqua Fit	Mary H.	Pool
6:30pm	Fitness Pilates	Gretchen/Perry	Studio 2
6:30pm	Cardio Kickboxing	Mary P.	Studio 1
7:30pm	Hatha Yoga	Gretchen	Studio 2
WEDNESDAY			
5:35am	Total Body Workout	Chris	Studio 1
8:30am	Fundamental Combo	Kathy	Studio 1
9:15am	Cardio Aqua Dance	Mary J.	Pool
9:30am	Tai Chi	Richard	Studio 2
9:30am	H.I.I.T. (High Intensity Interval Training)	Kathy	Studio 1
10:30am	Yin/Restorative Yoga	Jess	Studio 2
11:45am	Power Yoga	Wanda	Studio 2
4:30pm	Kettlebell Training (35 min)	Mary P.	Studio 1
5:30pm	Step Cardio	Mary P.	Studio 1
5:30pm	Power Yoga	Jess	Studio 2
5:45pm	TRX (35 min)	Steph	Studio 3
6:30pm	Cycle Training	Mary P.	Studio 4
6:30pm	H.I.I.T. (High Intensity Interval Training)	Steph	Studio 3
7:00pm	Cardio Kickboxing	Perry	Studio 1

Effective: 12/3/18

THURSDAY			
		Instructor	Location
5:35am	H.I.I.T.	Chris	Studio 1
8:30am	Power Pump	Mary P.	Studio 1
9:15am	Aqua Fit	Sue	Pool
9:30am	Yoga Basics	Gretchen	Studio 2
9:30am	Step Cardio	Mary P.	Studio 1
10:30am	Power Yoga	Jess	Studio 2
11:45am	Power Strength	Perry	Studio 1
5:30pm	Power Strength	Adrienne	Studio 1
6:15pm	Aqua Fit	Mary H.	Pool
6:30pm	Barre Principle	Gretchen	Studio 2
7:30pm	Hatha Yoga	Gretchen	Studio 2
FRIDAY			
5:35am	Total Body Workout	Chris	Studio 3
8:30am	The Resistance Workout	Adrienne	Studio 1
9:15am	Aqua Fit	Sue	Pool
9:30am	Cardio Kickboxing	Perry	Studio 1
10:30am	Power Yoga	Scott	Studio 2
4:30pm	Zumba	Jan	Studio 1
SATURDAY			
8:15am	Barre Principle	Adrienne	Studio 2
8:30am	Zumba	Jan	Studio 1
8:30am	Total Body Workout	Steph	Studio 3
9:30am	Yoga Sculpt	Adrienne	Studio 1
SUNDAY			
8:30am	Cycle Training	Mike	Studio 4
4:45pm	Yin/Restorative Yoga	Scott	Studio 2
5:45pm	Tai Chi	Richard	Studio 2

## Looking for SeniorFIT classes?

See "SeniorFIT Class Schedule" or the Fall Shoreviews catalog.

## Free winter break classes

We'll be offering a variety of free classes December 24 through January 1! See separate winter break schedule.

## NOTE TO FITNESS PARTICIPANTS:

Fitness classes will be evaluated on a monthly basis. Classes that average six or fewer participants for the month will be subject to change and/or cancellation. Please check the schedule at the beginning of each month for the most current class listing.

# GROUP X CARD

**NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!**

## HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk in-person or over the phone at 651.490.4750 during office hours (M-F, 8am-4:30pm).
- **To use:** swipe GroupXCard at the kiosks outside the fitness studios. The kiosk will print a ticket for you to give to the instructor. The ticket also indicates how many class visits you have left. Then go to any class!



**Questions? Contact Parks & Recreation:**

651.490.4750 | [recreation@shoreviewmn.gov](mailto:recreation@shoreviewmn.gov)

## MAXIMIZE FLEXIBILITY

### WHAT IT COSTS:

QUANTITY	REGULAR	ANNUAL MEMBER	RESIDENT	RESIDENT ANNUAL MEMBER
5 CLASSES	\$42	\$29	\$38	\$27
10 CLASSES	\$83	\$58	\$75	\$53
25 CLASSES	\$207	\$145	\$188	\$132
50 CLASSES <i>5% discount included in price</i>	\$392	\$275	\$357	\$250

There is one GroupXCard allowed per individual. These cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are still available at the lower-level service desk the day of class. SeniorFIT classes will still require registration for paid annual senior members.