

# ENDURANCE FITNESS of MN

## December 2018

### Kids Care Hours:

Mon-Fri. Mornings: 9:00a.m.-12:00p.m.

Mon-Thur. Evenings: 4:15p.m.-8:30p.m.

Friday Evening: 4:15p.m.-8:00p.m.

Saturday: 7:30a.m.-12:00 p.m.

Sunday: 4:00p.m.-7:30p.m.

### Member Service Hours:

Mon-Thurs: 5:00a.m.-8:00p.m.

Friday: 5:00a.m.-7:30p.m.

Saturday: 7:00 a.m.-12:00 p.m.

Sunday: 7:00 a.m.-11:00 a.m.

Sunday P.M. 4:00 p.m.-7:30p.m.

**\*\*Please Note:** Children arriving in Kids Care **MUST CHECK-IN** 30 minutes prior to the closing of Kids Care. Kids Care WILL CLOSE 30 minutes early if there are no children checked in.\*\*

### Monday

Time	Class	Instructor
5:15 - 6:15 am	BodyPump®	Roger
8:00 - 9:00 am	BodyFlow®	Paula
9:15 - 10:15 am	BodyPump®	Wendy
10:20 - 11:20 am	BodyCombat®	Wendy
11:20 - 12:00	CardioLite	Deb
4:45 - 5:30 pm	BodyCombat Express®	RayLynn
5:35 - 6:35 pm	BodyPump®	Paula
6:40 - 7:25 pm	BodyStep® express	Jon H
7:35 - 8:35 pm	Oula	Angel

### Tuesday

Time	Class	Instructor
5:30 - 6:30 am	BodyCombat®	Wendy
9:15 - 10:15 am	BodyStep®	Stephanie
10:20 - 11:20 am	BodyPump®	Stephanie
11:45 - 12:15	CardioLite	Rhonda
12:20 - 12:50 pm	Gentle Yoga Sculpt	Rhonda
3:20 - 3:50	BodyStep® express	Nancy M
3:55 - 4:25 pm	CXWORX®	Nancy M
4:30 - 5:00 pm	Tabata	Barb
5:05 - 6:05 pm	Yoga	Rhonda
6:10 - 7:10 pm	Zumba	Mary
7:15 - 8:15 pm	BodyPump®	RayLynn

### Wednesday

Time	Class	Instructor
5:15 - 6:15 am	BodyPump®	Roger
8:00 - 9:00 am	Yoga	Rhonda
9:15 - 9:45 am	HIIT/Tabata	Barb
9:50 - 10:20 am	CXWORX®	Barb
11:20 - 12:00	CardioLite	Deb
4:30 - 5:30 pm	BodyStep®	Wendy
5:35 - 6:35 pm	BodyPump®	RayLynn
6:40 - 7:30 pm	BodyFlow® express	Teresa
7:35 - 8:35 pm	Oula	Angel

### Thursday

Time	Class	Instructor
5:15 - 5:45 am	Tabata	Barb
5:50 - 6:20 am	CXWORX®	Barb
9:15 - 10:15 am	BodyCombat®	Wendy
10:20 - 11:20 am	BodyPump®	Paula
11:45 - 12:15	CardioLite	Rhonda
12:20 - 12:50 pm	Gentle Yoga Sculpt	Rhonda
3:45 - 4:15 pm	CXWORX®	Paula
4:30 - 5:00 pm	Tabata	Paula
5:05 - 6:05 pm	Yoga	Rhonda
6:10 - 7:10 pm	Zumba	Mary
7:15 - 8:15 pm	BodyPump®	Jon

### Friday

Time	Class	Instructor
5:15 - 6:15 am	BodyPump®	Roger
8:00 - 9:00 am	Yoga	Paula
9:15 - 10:15 am	BodyPump®	Vickie
11:00 - 12:00	CardioLite	Deb
4:30 - 5:30 pm	Oula	Molly
5:35 - 6:35 pm	BodyPump®	Teresa
6:40 - 7:40 pm	BodyFlow®	Teresa

### Saturday

Time	Class	Instructor
6:30 - 7:15 am	Boot Camp	Roger
7:30 - 8:30 am	BodyPump®	Stephanie/Wendy
8:40 - 9:40 am	BodyStep®	Stephanie/Wendy
9:50 - 10:50 am	BodyFlow®	Penny/Jon M

### Sunday November 4

Time	Class	Instructor
7:30 - 8:15 am	BodyPump® express	Barb
8:20 - 8:50 am	CXWORX®	Barb
9:00 - 10:00 am	BodyStep®	Mike
5:30 - 6:30 pm	BodyPump®	Paula/Minda
6:40 - 7:40 pm	BodyFlow®	Paula/Minda