

# ENDURANCE FITNESS of MN

## May 2019

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

### Member Service Hours:

Mon-Thurs: 5:00a.m.-8:00p.m.  
 Friday: 5:00a.m.-7:30p.m.  
 Saturday: 7:00a.m.-12:00p.m.  
 Sunday: 9:00 a.m.-11:00 a.m.  
 4:00 p.m.- 7:30 p.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 - 11:05 am	BodyCombat® express	Wendy
4:45 - 5:30 pm	BodyCombat® express	RayLynn
5:35 - 6:35 pm	BodyPump®	Paula
6:40 - 7:25 pm	BodyStep® express	Jon M
7:35 - 8:35 pm	Oula	Angel

### Thursday

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

### Tuesday

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

### Friday

Time	Class	Instructor
5:15 - 6:15am	BodyPump®	Roger
8:00 - 9:00am	Yoga	Paula
9:15 - 10:15am	BodyPump®	Vickie
10:30 - 11:00am	Tai Chi	Lumiko
11:15 - 11:45am	CardioLite	Melanie
11:45 - 12:00pm	Core Conditioning	Melanie
4:30 - 5:30pm	Oula	Molly
5:35 - 6:35pm	BodyPump®	Teresa
6:40 - 7:40pm	BodyFlow®	Teresa

### Wednesday

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

### Saturday

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

### Sunday

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