

ENDURANCE FITNESS of MN

Building Hours:

NOVEMBER 2022

The Rookery Activity Center
7690 Village Drive Lino Lakes
(763) 208-9184

Monday - Friday 5:00 am - 10:00 pm
Saturday - Sunday 6:00 am - 8:00 pm

*Classes and operating hours are subject to change.

Please visit our website for updates.

www.endurancefitnessofmn.com

Email: getfit@endurancefitnessofmn.com

*Please Note Class Name Change: BodyFlow is now BodyBalance!

Monday

Time	Class	Studio	Instructor
5:15 - 6:15 a.m.	BodyPump®		Roger
8:00 - 8:25 a.m.	Core Conditioning		Stephanie
8:30 - 9:05 a.m.	HIIT		Stephanie
9:05 - 9:35 a.m.	Cardiokick		Stephanie
9:45 - 10:45 a.m.	BodyPump®		Wendy
11:15 - 12:00 p.m.	CardioLite		Tammy
12:30 - 1:15 p.m.	Silver Sneakers Circuit	* Cattail Rm	Tammy
4:35 - 5:30 p.m.	BodyCombat®		RayLynn
5:30 - 6:40 p.m.	BodyPump®		Paula
6:45 - 7:30 p.m.	YogaSculpt		Paula
7:35 - 8:35 p.m.	OULA		Melissa

Thursday

Time	Class	Instructor
5:30 - 6:30 a.m.	BodyStep®	Wendy
8:00 - 8:45 a.m.	SS Balance/Stretch	*Cattail Room Jill
8:00 - 9:00 a.m.	BodyPump®	Paula
9:15 - 10:15 a.m.	BodyCombat®	Wendy
11:00 - 12:00 p.m.	Yoga	Rhonda
4:00 - 5:00 p.m.	Yoga	Paula
5:15 - 6:15 p.m.	BodyAttack®	Tommy
6:25 - 6:55 p.m.	Les Mills Core®	Tommy

Tuesday

Time	Class	Instructor
5:30 - 6:30 a.m.	BodyCombat®	Wendy
8:00 - 9:00 a.m.	BodyPump®	Stephanie
9:10 - 10:10 a.m.	BodyStep®	Stephanie
11:15 - 12:00 p.m.	Yoga Sculpt	Rhonda
3:45 - 4:15 p.m.	HIIT	Correne
4:30 - 5:30 p.m.	Yoga	Heidi
5:45 - 6:45 p.m.	BodyAttack®	Tommy
6:50 - 7:20 p.m.	Les Mills Core®	Tommy

Friday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
8:00 - 8:25 a.m.	Core Conditioning	Stephanie
8:30 - 9:05 a.m.	HIIT	Stephanie
8:30 - 9:30 am	Yoga	*Cattail Rm Paula
9:05 - 9:35 a.m.	Cardiokick	Stephanie
9:45 - 10:45 a.m.	BodyPump®	Victoria
4:30 - 5:30 p.m.	BodyBalance®	Tommy/Paula
5:40 - 6:30 p.m.	BodyPump®	Tommy/Paula

Wednesday

Time	Class	Instructor
5:15 - 6:15 a.m.	BodyPump®	Roger
8:00 - 9:00 a.m.	BodyBalance®	Paula
8:00 - 9:00 a.m.	Silver Sneakers	*Cattail Rm Jill
9:15 - 10:15 a.m.	BodyPump®	Wendy
10:25 - 10:55 a.m.	HIIT	Wendy
11:15 - 12:00 p.m.	Cardiolite	Rhonda
12:30 - 1:15 p.m.	Silver Sneakers Classic	*Cattail Rm Lumiko
1:15 - 1:45 p.m.	Senior Stretch	*Cattail Rm Lumiko

Saturday

Time	Class	Instructor
8:00 - 9:00 a.m.	BodyPump®	Steph/Wendy
9:10 - 10:10 a.m.	BodyStep®	Steph/Wendy
9:15 - 10:15 a.m.	BodyBalance®	*Cattail Rm Teresa P.

Sunday

Time	Class	Instructor
9:00 - 10:00 a.m.	BodyStep®	Mike
10:15 - 11:15 a.m.	BodyPump®	Darcy
11:30 - 12:30 p.m.	Zumba	Darcy
6:30 - 7:30 p.m.	BodyBalance®	Tommy

4:30 - 5:30 p.m.	BodyStep®	Tommy
5:40 - 6:40 p.m.	BodyPump®	Tommy
6:45 - 7:45 p.m.	OULA	Melissa