

ENDURANCE FITNESS of MN

Building Hours:

JANUARY 2023

The Rookery Activity Center
7690 Village Drive Lino Lakes
(651) 982-2468

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

*Classes and operating hours are subject to change and do not require registration.
Please visit our website for updates.
www.endurancefitnessofmn.com

Email: getfit@endurancefitnessofmn.com

Monday				Thursday			
Time	Class	Studio	Instructor	Time	Class	Instructor	
5:15 - 6:15 a.m.	BodyPump®		Roger	5:30 - 6:30 a.m.	BodyStep®	Wendy	
8:00 - 8:25 a.m.	Core Conditioning		Stephanie	8:00 - 8:45 a.m.	SS Balance/Stretch	*Cattail Room Jill	
8:30-9:30 a.m.	Yoga	*Cattail	Tammy	8:00 - 9:00 a.m.	BodyPump®	Paula	
8:30 - 9:05 a.m.	HIIT		Stephanie	9:15 - 10:15 a.m.	BodyCombat®	Wendy	
9:05 - 9:35 a.m.	Cardiokick		Stephanie	11:00 - 12:00 p.m.	Yoga	Rhonda	
9:45 - 10:45 a.m.	BodyPump®		Wendy				
11:15 - 12:00 p.m.	CardioLite		Tammy	4:00 - 5:00 p.m.	Yoga	Paula	
12:30 - 1:15 p.m.	Silver Sneakers Circuit	* Cattail	Tammy	5:15 - 6:15 p.m.	BodyAttack®	Tommy	
4:35 - 5:30 p.m.	Rm BodyCombat®		RayLynn	6:25- 6:55 p.m.	Les Mills Core®	Tommy	
5:40 - 6:40 p.m.	BodyPump®		Paula				
6:45 - 7:30 p.m.	YogaSculpt		Paula				
7:35 - 8:35 p.m.	OULA		Melissa				
Tuesday				Friday			
Time	Class		Instructor	Time	Class	Instructor	
5:30 - 6:30 a.m.	BodyCombat®		Wendy	5:15 - 6:15a.m.	BodyPump®	Roger	
8:00 - 9:00 a.m.	BodyPump®		Stephanie	8:00 - 8:25 a.m.	Core Conditioning	Stephanie	
9:10 - 10:10 a.m.	BodyStep®		Stephanie	8:30 - 9:05 a.m.	HIIT	Stephanie	
11:15 - 12:00 p.m.	Yoga Sculpt		Rhonda	8:30 - 9:30 am	Yoga	*Cattail Rm Paula	
				9:05 - 9:35 a.m.	Cardiokick	Stephanie	
3:30 - 4:00 p.m.	HIIT		Tammy	9:45 - 10:45 a.m.	BodyPump®	Victoria	
4:10 - 5:00 p.m.	Yoga		Tammy	11:00 - 11:45 a.m.	Tabata	Mel	
5:05 - 6:00 p.m.	BodyAttack®		Tommy	4:30 - 5:30 p.m.	BodyBalance®	Tommy/Paula	
6:05 - 6:35 p.m.	Les Mills Core®		Tommy	5:40 - 6:30 p.m.	BodyPump®	Tommy/Paula	
Wednesday				Saturday			
Time	Class		Instructor	Time	Class	Instructor	
5:15 - 6:15 a.m.	BodyPump®		Roger	8:00 - 9:00 a.m.	BodyPump®	Steph/Wendy	
8:00 - 9:00 a.m.	BodyBalance®		Paula	9:10 - 10:10 a.m.	BodyStep®	Steph/Wendy	
8:00 - 9:00 a.m.	Silver Sneakers	*Cattail Rm	Jill	9:15 - 10:15 a.m.	BodyBalance®	*Cattail Rm Teresa P.	
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				
				Sunday			
Time	Class		Instructor	Time	Class	Instructor	
4:30 - 5:30 p.m.	BodyStep®		Tommy	9:00 - 10:00 a.m.	BodyStep®	Mike	
5:40 - 6:40 p.m.	BodyPump®		Tommy	10:15 - 11:15 a.m.	BodyPump®	Darcy	
6:45 - 7:45 p.m.	OULA		Melissa	11:30 - 12:30 p.m.	Zumba	Darcy	
				6:30 - 7:30 p.m.	BodyBalance®	Tommy	