



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Check out the Group Fitness Schedule on our website: www.rockfamly.org & become a fan on Facebook

Monday	Tuesday	Wednesday	Thursday	Friday	
Group Strength Jessica W-MPR 5:45am-6:30am	Yoga Mix Sara L-Balfour 5:45am-6:45am	Cardio Mix Patti-MPR 5:45am-6:30am	Cycle/core Jessica W- CycleStudio 5:45am-6:45 am	Group Strength Patti-MPR 5:45am-6:30am	KEY MPR Balfour Aquatics 3rd floor Cycle Outside or Small Group Studio
	Cycle Charly -Outside 5:30am-6:30am meet at the front Door				
Silver Sneakers® Classic Linda G- Balfour 8:05am-9:00am	Silver Sneakers® Circuit Lisa N-Balfour 8:05am-9:00am	Silver Sneakers® Classic Linda G- Balfour 8:05am-9:00am	Silver Sneakers® Circuit Lisa N-Balfour 8:05am-9:00am	Silver Sneakers® Classic Rhoda/ Linda H.- Balfour 8:05am-9:00am	
Water Works Lisa N- Pool 8:00am-8:45am	Water Works Becky M.- Pool 8:15am-9:00am	Gentle Water & Stretch Dana-Pool 8:00 am-8:45am	Water Works Alex- Pool 8:15am-9:00am	Water Works Tim- Pool 9:15am-10:00am	
Basic Step Lisa N-MPR 9:00am-9.30 am	PIYo Strength® Becky D.-MPR 8.15am-9.10am			Group Strength Basics Jess W-MPR 9:00am-9.30 am	
Zumba® II Amy-MPR 9:35am-10:10 am	TurboKick® Becky D. -MPR 9:15am-10:10am	Zumba® II Ann Marie-MPR 9:15am-10:10am	CSI Alissa-MPR 9:15am-10:10am	Intensive Muscle Conditioning Sylvia-MPR 9:35am-10:10 am	Saturday
Group Strength Pennie-Balfour 9:15am-10:10am	Pilates Pennie-Balfour 9:15am-10:10am	Group Strength Maureen-Balfour 9:15am-10:10am	Belly Dance- Advance Beginner 9:05-9:55 am Belly Dance Choreography 9:55-10:30 am Rhoda -Balfour	Barre Bliss 9:15am-10:10 am Foam Roller 10:10am-10:25am Avin-Balfour	Water Yoga Lindsay-Current Pool 8:30am-9:25am
Hard CORE Challenge Pennie-Balfour 10:15am-10:30am	Belly Dance Rhoda-Balfour 10:15am-11:00am	Hard CORE Challenge Maureen- Balfour 10:15am-10:30am		Cycle Tamsin- Cycle Studio 9:15am-10:10am	Cardio Mix Rotation-MPR 8:30am-9:25 am
Pilates Challenge Maureen-MPR 10:15am-10:45am	Power Cut Robin F/Lisa N-MPR 10:15am-11:10am	INSANITY® Aimee- MPR 10:15am-11:10am	Power Cut Jen B/Tamsin- MPR 10:15am-11:10am	Hard Core Challenge Sylvia-MPR 10:15am-10:30am	Group Strength Rotation- MPR 9:30am-10:25am
Silver Sneakers® Circuit Robin F- Balfour 10:35am-11:30am	Baby and Me Fitness Leslie- South Gym or outside 11:00am-11:30 am	Silver Sneakers Tai Chi Bonnie- Balfour 10:35am-11:30am	Silver Sneakers® Classic Paula-Balfour 10:35am-11:30am	Skip & Box It Sylvia-MPR 10:35am-11:05am	Summer Body Boot Camp Rotation-Small Group Studio 10:30am-11:15am
	Qigong Strength, Flexibility and Balance Bonnie-Balfour 11:05am-12:00pm	Silver Sneakers® Circuit Linda H- Balfour 11:35am-12:30pm		Family Fitness Avin-Balfour 10:30am-10:55am	Yoga Rotation-MPR 10:30am-11:25am
Yoga Mix Maureen-MPR 10:50am-11:45am	Tai Chi Patrick- MPR 11:15am-12:05pm	Yoga Patricia-MPR 11:15am-12:10pm	Yoga Patricia-MPR 11:15am-12:00am	Gentle Stretch Chair Yoga Avin-Balfour 11:00am-11:45am	
	Tai Chi Level 2 Patrick-Balfour 12:10pm-12:55pm		Zumba® I Paula-Balfour 11:35am-12:20pm		Sunday
	Power Cut Pennie-MPR 12:10pm-12:55pm			Gentle Water & Stretch Avin-Pool 12:00pm-12:45pm	Cardio Complete Jacque- MPR 11:30am-12:10 pm
Zumba® II Leslie-MPR 4:30pm-5:25pm	INSANITY® Aimee - MPR 4:35pm-5:20pm	Cardio Complete Jacque -MPR 4:30pm-5:25pm	CSI Chantel-MPR 4:30pm-5:20 p.m	Dance Choreography Jan-MPR 4:30pm-5:25pm	Group Strength Jacque- MPR 12:15pm-1:00 pm
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	Group Strength Patti- Balfour 4:35pm-5:25 pm	Family Fitness Avin-Balfour 4:05pm-4:35pm	Group Strength Patti- Balfour 4:35pm-5:25 pm	Power Cut Jan-MPR 5:30pm-6:25pm	Yoga Colette/ Lyndsay - MPR 1:05pm-1:55 pm
Cardio Complete Jacque-MPR 5:30pm-6:25pm	PIYo Strength® Patricia/ Grace-Balfour 5:30pm-6:25 pm	Yoga Mix Avin-Balfour 4:45pm-5:35pm	Skip & Box it Chantel-MPR 5:25pm-5:55pm	Group Fitness Schedule June 8th- September 5th, 2015 	
Pilates Grace-Balfour 5:30pm-6:25pm	20-20-20 Sylvia-MPR 5:45pm-6:25pm	Zumba® II Paige-MPR 5:30pm-6:25pm	Cardio Quick Jan-Balfour 5:30pm-6:00pm		
TurboKick® Alex - MPR 6:30pm-7:25pm	Belly Dance Rhoda -Balfour 6:30pm-7:25pm	Barre Bliss Avin-Balfour 5:45pm-6:30pm	Intensive Muscle Conditioning Chantel -MPR 6:00pm-6:30pm		
Cycle Emma -Cycle Studio 6:30pm-7.15pm	Power Cut Sylvia-MPR 6:35pm-7:30pm	Zumba® II WOMAN'S ONLY Amy-MPR 6:30pm-7:25pm	Yoga Lindsay/ Stacy-Balfour 6:30pm-7:25pm		
Summer Body Boot Camp Rotation- Balfour or outside 6:30pm-7:25pm	Relax & Stretch Sylvia-MPR 7:35pm-7:50pm		Basic Step & Toning Becky M.-MPR 6:35pm-7:25pm		
Aqua Zumba Jess A- Pool 6:45pm-7:40pm	Water Works Dana-Pool 6:45pm-7:30 pm	Raging Water & Stretch Avin- Current Pool 6:45pm- 7:30 pm	Water Works Tim -Pool 6:45pm-7:30 pm		

Questions or comments regarding the Group Fitness classes
Please Contact Pennie Eisenbeis 507-287-2260- ext1042 or email at pennie@rockfamly.org