



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Check out the Group Fitness Schedule on our website: [www.rochfamily.org](http://www.rochfamily.org) & become a fan on Facebook

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Group Strength</b> Jessica W-MPR 5:45am-6:30am	<b>Cycle</b> Charly- CycleStudio 5:45am-6:30am	<b>CSI</b> Jessica W-MPR 5:30am-6:20am	<b>Cycle/core</b> Jessica W- CycleStudio 5:45am-6:45 am	<b>Zumba@</b> Andrea- Balfour 5:45am-6:30am starting April 17th	<b>KEY</b>
	<b>Yoga Mix</b> Sara L-Balfour 5:45am-6:45am	<b>Gentle Water &amp; Stretch</b> Dana-Pool 8:00 am-8:45am	<b>Yoga Mix</b> Valerie-Balfour 5:45am-6:45am		<b>MPR</b>
<b>Silver Sneakers@ Classic</b> Linda G- Balfour 8:05am-9:00am	<b>Silver Sneakers@ Circuit</b> Lisa N-Balfour 8:05am-9:00am	<b>Silver Sneakers@ Classic</b> Linda G- Balfour 8:05am-9:00am	<b>Silver Sneakers@ Circuit</b> Lisa N-Balfour 8:05am-9:00am	<b>Silver Sneakers@ Classic</b> De- Balfour 8:05am-9:00am	<b>Balfour</b>
<b>Water Works</b> Lisa N- Pool 9:05am-9:50am		<b>Water Works</b> Rotation- Pool check Rotation schedule for time	<b>Water Works</b> Crystal- Pool 9:05am-9:50am	<b>Aqua Zumba@</b> Mirna- Pool 9:15am-10:00am	<b>Aquatics</b>
<b>Zumba@ II</b> Robin H-MPR 9:15am-10:10 am	<b>TurboKick@</b> Becky-MPR 9:15am-10:10am	<b>Zumba@ II</b> Melissa-MPR 9:15am-10:10am	<b>CSI</b> Jessica L-MPR 9:15am-10:10am	<b>Group Strength</b> Sylwia/Jess W-MPR 9:15am-10:10 am	<b>3rd floor Cycle</b>
<b>Group Strength</b> Pennie-Balfour 9:15am-10:10am	<b>Pilates</b> Pennie-Balfour 9:15am-10:10am	<b>Group Strength</b> Maureen-Balfour 9:15am-10:10am	<b>Belly Dance- Advance Beginner</b> 9:05-9:55 am <b>Belly Dance Choreography</b> 9:55-10:30 am Rhoda -Balfour	<b>Barre Bliss</b> 9:15am-10:10 am <b>Foam Roller</b> 10:10am-10:25am Avin-Balfour	<b>Saturday</b>
	<b>Cycle/Core</b> Jessica L- Cycle Studio 9:15am-10:10am	<b>Hard CORE Challenge</b> Maureen- Balfour 10:15am-10:30am		<b>Cycle</b> Tamsin- Cycle Studio 9:15am-10:10am	<b>Water Works</b> Rotate-Pool 8:30am-9:25am
<b>Hard CORE Challenge</b> Pennie-Balfour 10:15am-10:30am	<b>Power Cut</b> Robin F/Lisa N-MPR 10:15am-11:10am	<b>20-20-20</b> Sylwia- MPR 10:15am-11:10am	<b>Power Cut</b> Jen B/Tamsin- MPR 10:15am-11:10am	<b>Cardio tabata Challenge</b> Sylwia/Jess W-MPR 10:15am-10:30am	<b>Cardio Mix</b> Jacque-MPR 8:30am-9:25 am
<b>Pilates Challenge</b> Maureen-MPR 10:15am-10:45am	<b>Belly Dance</b> Rhoda-Balfour 10:15am-11:00am	<b>Silver Sneakers Tai Chi</b> Bonnie- Balfour 10:35am-11:30am		<b>PIYo Strength@</b> Becky/Patricia-MPR 10:35am-11:30am	<b>Group Strength</b> Valerie- MPR 9:30am-10:25am
<b>Silver Sneakers@ Circuit</b> Robin F- Balfour 10:35am-11:30am	<b>Baby and Me Fitness</b> Leslie- South Gym 11:00am-11:30 am		<b>Silver Sneakers@ Classic</b> Paula-Balfour 10:35am-11:30am	<b>Family Fitness</b> Avin-Balfour 10:30am-10:55am	
	<b>Qigong Strength, Flexibility and Balance</b> Bonnie-Balfour 11:05am-12:00pm	<b>Silver Sneakers@ Circuit</b> Linda H- Balfour 11:35am-12:30pm			<b>Cycle</b> Lanse -Cycle Studio 10:30am-11:15am
<b>Yoga Mix</b> Maureen-MPR 10:50am-11:45am	<b>Tai Chi</b> Patrick- MPR 11:15am-12:05pm	<b>Yoga</b> Patricia-MPR 11:15am-12:10pm	<b>Yoga</b> Patricia-MPR 11:15am-11:55am	<b>Gentle Stretch Chair Yoga</b> Avin-Balfour 11:00am-11:45am	<b>Yoga</b> Colette-MPR 10:30am-11:25am
	<b>Tai Chi Level 2</b> Patrick-Balfour 12:10pm-12:55pm		<b>Zumba@ I</b> Paula-Balfour 11:35am-12:20pm	<b>Gentle Water &amp; Stretch</b> Avin-Pool 12:00pm-12:45pm	
<b>Tabata Cycle</b> Pennie- Cycle Studio 12:00pm-12:45pm	<b>Power Cut</b> Pennie-MPR 12:10pm-12:55pm		<b>Power Cut</b> Lisa N-MPR 12:00pm-12:55pm	<b>Cycle</b> Pennie- Cycle Studio 12:00pm-12:45pm	<b>Sunday</b>
	<b>WOMAN'S ONLY Zumba @</b> Amy-MPR 1:00pm-1:55pm				
<b>Power Qigong</b> Bonnie-Balfour 4:30pm-5:25pm	<b>Zumba@ II</b> Paige-MPR 4:30pm-5:25pm	<b>Family Fitness</b> Avin-Balfour 3:50pm-4:25pm		<b>Cardio Dance Choreography</b> Katie-MPR 4:30pm-5:25pm	<b>Group Strength</b> Rotation- MPR 12:00pm-12:55 pm
<b>Zumba@ II</b> Leslie-MPR 4:30pm-5:25pm	<b>Group Strength</b> Patti- Balfour 4:35pm-5:25 pm		<b>Group Strength</b> Patti- MPR 4:35pm-5:25 pm		<b>Yoga</b> Rotation MPR 1:00pm- 1:50 pm
<b>Pilates</b> Rotation-Balfour 5:30pm-6:25pm	<b>20-20-20</b> Sylwia-MPR 5:45pm-6:25pm	<b>Yoga Mix</b> Avin-Balfour 4:30pm-5:25pm			
<b>Cardio Complete</b> Jacque-MPR 5:30pm-6:25pm	<b>Yoga Mix</b> Patricia-Balfour 5:30pm-6:25 pm	<b>Barre Bliss</b> Avin-Balfour 5:30pm-6:15pm	<b>Zumba@ II</b> Mirna-MPR 5:30pm-6:25pm		
<b>Yoga Body Boot Camp</b> Cassie-MPR 6:30pm-7:25pm	<b>Power Cut</b> Sylwia-MPR 6:35pm-7:30pm	<b>Group Strength</b> Jacque -MPR 5:30pm-6:25pm	<b>Yoga Mix</b> Patricia-Balfour 5:30pm-6:25pm		
<b>Cycle</b> Charly -Cycle Studio 6:30pm-7:15pm	<b>Cycle</b> Jill -Cycle Studio 6:30pm-7:15pm	<b>Cycle</b> Lanse -Cycle Studio 6:30pm-7:15pm			
<b>Stretch Mix</b> Rotation-Balfour 6:30pm-7:25pm	<b>Cardio Mix</b> Rotation-Balfour 6:30pm-7:25pm	<b>Zumba@ II</b> Amy-MPR 6:30pm-7:25pm	<b>Group Strength</b> Valerie-MPR 6:30pm-7:25pm		
<b>Aqua Zumba@</b> Jessica A- Pool 6:15pm-7:00pm	<b>Water Works</b> Dana-Pool 7:20pm-8:05 pm starting April 7th	<b>Deep Water</b> Avin-Pool 6:35pm- 7:15 pm			



**Group Fitness Schedule  
April 6th-June 8th,  
2015**

If you have any questions regarding our group fitness classes, please contact Pennie at 507-287-2260 ext 1042 or e-mail at pennie@rochfamily.org