




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Monday	Tuesday	Wednesday	Thursday	Friday	
Yoga Sara L-Balfour 5:45am-6:45am		Cardio Mix Patti-MPR 5:45am-6:30am	Cycle Jessica W- CycleStudio 5:45am-6:45 am		KEY MPR Balfour Aquatics 3rd floor Cycle Studio Small Group Studio
				Cardiac Group Mary-MPR 6:15am-6:45am	
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 Linda H- Balfour 8:05am-9:00am	
Water Works Lisa N- Pool 9:15am-10:00am	Water Works Becky M.- Pool 9:15am-10:00am	Water Works Alex- Pool 9:15 am-10:00am	Water Works Tim- Pool 9:15am-10:00am	Aqua Zumba Mirna- Pool 9:15am-10:00am	
Zumba@ II Mirna-MPR 9:15am-10:10 am	TurboKick@ Becky D. -MPR 9:15am-10:10am	Dance Fusion II Alissa-MPR 9:15am-10:10am	INSANITY@ Aimee- MPR 9:15am-10:00am	Zumba@ II Kim-MPR 9:15am-10:10 am	
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 9:05-9:45 am Belly Dance Choreography 9:45-10:30 am Rhoda -Balfour	Intensive Muscle Conditioning Avin/ Chantel -Balfour 9:15am-9:55am	Saturday
Enhance@Fitness Jessica W-Small Group Studio 9:30am-10:30am	Belly Dance Rhoda-Balfour 10:15am-11:00am	Enhance@ Fitness Jessica W-Small Group Studio 9:30am-10:30am		Cycle Tamsin- Cycle Studio 9:15am-10:10am	
Hard CORE Challenge Pennie-Balfour 10:15am-10:30am	Power Cut Robin F/Lisa N-MPR 10:15am-11:10am	Hard CORE Challenge Maureen- Balfour 10:15am-10:30am	Power Cut Jen B/Tamsin- MPR 10:15am-11:10am	Enhance@Fitness Pennie-Small Group Studio 9:30am-10:30am	Zumba@ II Andrea-MPR 8:30am-9:25 am
Pilates Challenge Maureen-MPR 10:15am-10:45am	PIYo Strength@ Becky D.-Cycle studio 10:25am-11:15am	HIIT Alissa-MPR 10:15am-11:00am	Silver Sneakers@ Classic Paula-Balfour 10:35am-11:30am	Basic Step & Toning Becky M-MPR 10:15am-11:00am	Group Strength Valerie/ Sylwia- MPR 9:30am-10:25am
Silver Sneakers@ Circuit Robin F- Balfour 10:35am-11:30am	Qigong Strength, Flexibility and Balance Bonnie-Balfour 11:05am-12:00pm	Silver Sneakers Tai Chi Bonnie- Balfour 10:35am-11:30am		Barre Bliss Avin-Balfour 10:00am-10:45am	Yoga Collete-MPR 10:30am-11:25am
Basic Step Maureen-MPR 10:50am-11:20am	Tai Chi Level 2 Patrick- MPR 11:15am-12:05pm		Zumba@ I Paula-Balfour 11:35am-12:20pm	Gentle Stretch Chair Yoga Avin-Balfour 11:00am-11:45am	Cycle Lanse-Cycle Studio 10:30pm-11:15am
Yoga Maureen-MPR 11:25am-12:10pm	Tai Chi Patrick-Balfour 12:10pm-12:55pm	Yoga Patricia-Balfour 11:35am-12:25pm		Gentle Water & Stretch Avin-Current Pool 12:00pm-12:45pm	Sunday
Cycle Pennie- Cycle Studio 12:15pm-12:55pm	Power Cut Pennie-MPR 12:15pm-12:55pm	Zumba@ II Amy-MPR 12:35pm-1:25pm	Yoga Patricia-MPR 12:05pm-1:00pm	Cycle Pennie- Cycle Studio 12:00pm-12:45pm	
Enhance@ Fitness Lisa -Balfour 12:30pm-1:25pm		Enhance@ Fitness Patricia-Balfour 12:30pm-1:25pm		Enhance@ Fitness Patricia-Balfour 12:30pm-1:25pm	Yoga Body Boot Camp Cassie- MPR 12:25pm- 1:10 pm
Zumba@ II Andrea-MPR 4:30pm-5:25pm	Group Strength Patti- Balfour 4:35pm-5:25 pm	Cardio Complete Jacque -MPR 4:30pm-5:25pm	Zumba@ II Kim -MPR 4:30pm-5:25pm	Dance Fusion II Jan-MPR 4:30pm-5:10pm	Yoga Cassie- MPR 1:15pm- 2:00 pm
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	HIIT Chantel-MPR 5:00pm-5.45 pm		Group Strength Patti- Balfour 4:35pm-5:25 pm		
Cardio Complete Jacque-MPR 5:30pm-6:25pm	Gentle Cardio Dana-Balfour 5:35pm-6:20pm	Yoga Avin-Balfour 4:35pm-5:25pm	Power cut Valerie-MPR 5:30pm-6:25pm	<div style="text-align: center;"> <h2>Group Fitness Schedule</h2>  <h1>November 21st- December 20th, 2015</h1> <p>Questions or comments regarding the Group Fitness classes Please Contact Pennie Eisenbeis 507-287-2260-ex1042 or email at pennie@rockfam.org</p> </div>	
Pilates Challenge Grace-Balfour 5:30pm-6:00pm	20-20-20 Sylwia-MPR 5:50pm-6:30pm	Zumba@ II Ann Marie -MPR 5:30pm-6:25pm	Dance Fusion I Jan-Balfour 5:30pm-5:55pm		
PIYo Strength@ Grace-Balfour 6:05pm-6:35pm	Belly Dance Rhoda -Balfour 6:30pm-7:25pm	Barre Bliss Avin-Balfour 5:30pm-6:15pm	Yoga Lindsey-Balfour 6:35pm-7:30pm		
Zumba@ II WOMAN'S ONLY Amy-MPR 6:30pm-7:25pm	Power Cut Sylwia-MPR 6:35pm-7:30pm	Basic Step & Toning Becky M.-MPR 6:35pm-7:25pm	TurboKick@ Alex-MPR 6:35pm-7:25pm		
Cycle Valerie/ Dana -Cycle Studio 6:30pm-7.15pm	Relax and Stretch Sylwia-MPR 7:35pm-7:50pm	Cycle Lanse -Cycle Studio 6:30pm-7:15pm			
Water works Tim - Pool 6:45pm-7:30pm	Water Walking No instructor- Pool 6:45pm-7:15pm	Raging Water & Stretch Avin- Current Pool 6:45pm- 7:15 pm			