



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Sunrise Yoga</b> Cindy-Balfour 5:45am-6:45am		<b>Cardio Mix</b> Patti-MPR 5:45am-6:30am	<b>Cycle</b> Jessica W- CycleStudio 5:45am-6:45am	<b>Cardiac Group</b> Mary-MPR 6:15am-6:45am	<b>KEY</b> <b>MPR</b> <b>Balfour</b> <b>Aquatics</b> <b>3rd floor Cycle Studio</b> <b>Small Group Studio</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> Linda H-Balfour 8:05am-9:00am	
<b>Water Works</b> Lisa N-Pool 9:15am-10:00am	<b>Water Works</b> Becky M-Pool 9:15am-10:00am	<b>Water Works</b> Alex-Pool 9:15 am-10:00am	<b>Water Works</b> Tim-Pool 9:15am-10:00am	<b>Aqua Zumba</b> Mirna-Pool 9:15am-10:00am	
<b>Zumba@ II</b> Mirna-MPR 9:15am-10:10 am	<b>TurboKick@</b> Becky D-MPR 9:15am-10:10am	<b>Dance Fusion II</b> Alissa-MPR 9:20am-10:10am	<b>Zumba@ II</b> Amy-MPR 9:20am-10:10 am	<b>Group Strength</b> Alex/ Chantel-MPR 9:15am-10:10am	
<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</b> 9:05-9:45 am <b>Belly Dance Choreography</b> 9:45-10:30 am Rhoda-Balfour	<b>Barre Bliss</b> 9:15am-10:10 am <b>Foam Roller</b> 10:15am-10:45am Avin-Balfour	
					<b>Saturday</b>
<b>Enhance@Fitness</b> Jessica W-Small Group Studio 9:30am-10:30am	<b>Belly Dance</b> Rhoda-Balfour 10:15am-11:00am	<b>Enhance@ Fitness</b> Lisa-Small Group Studio 9:30am-10:30am		<b>Cycle</b> Tamsin- Cycle Studio 9:15am-10:10am	
<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>Hard CORE Challenge</b> Maureen-Balfour 10:15am-10:30am	<b>Power Cut</b> Jen B/Tamsin-MPR 10:15am-11:10am	<b>Enhance@Fitness</b> Pennie-Small Group Studio 9:30am-10:30am	<b>Aqua HIIT</b> Jan- Pool 8:30am-9:25am
<b>Pilates Challenge</b> Maureen-MPR 10:15am-10:45am		<b>HIIT</b> Alissa-MPR 10:15am-11:00am	<b>Silver Sneakers@ Classic</b> Paula-Balfour 10:35am-11:30am	<b>Zumba@ II</b> Kim-MPR 10:15am-11:10am	<b>Zumba@ II</b> Andrea-MPR 8:30am-9:25am
<b>Silver Sneakers@ Circuit</b> Robin F- Balfour 10:35am-11:30am	<b>Qigong</b> <b>Strength, Flexibility and Balance</b> Bonnie-Balfour 11:05am-12:00pm	<b>Silver Sneakers Tai Chi</b> Bonnie- Balfour 10:35am-11:30am	<b>Yoga</b> Patricia-MPR 11:25pm-12:20pm	<b>Gentle Stretch Chair Yoga</b> Avin-Balfour 11:00am-11:45am	<b>Group Strength</b> Sylwia/ Valerie- MPR 9:30am-10:25am
<b>Basic Step</b> Maureen-MPR 10:50am-11:20am	<b>Tai Chi Level 2</b> Patrick-MPR 11:15am-12:05pm		<b>Zumba@ I</b> Paula-Balfour 11:35am-12:20pm	<b>Cycle</b> Pennie- Cycle Studio 11:45am-12:30pm	<b>Yoga</b> Colette-MPR 10:30am-11:25am
<b>Yoga</b> Maureen-MPR 11:25am-12:10pm	<b>Tai Chi</b> Patrick-Balfour 12:10pm-12:55pm	<b>Yoga</b> Patricia-MPR 11:30am-12:20pm			<b>Cycle</b> Lanse-Cycle Studio 10:30pm-11:15am
<b>Cycle</b> Pennie-Cycle Studio 12:15pm-12:55pm	<b>Power Cut</b> Pennie-MPR 12:15pm-12:55pm			<b>Gentle Water &amp; Stretch</b> Avin-Current Pool 12:00pm-12:45pm	<b>Sunday</b>
<b>Enhance@ Fitness</b> Lisa-Balfour 12:30pm-1:25pm		<b>Enhance@ Fitness</b> Patricia/Rhoda-Balfour 12:30pm-1:25pm		<b>Enhance@ Fitness</b> Patricia/ Rhoda/Jill-Balfour 12:30pm-1:25pm	<b>Group Strength</b> Jacque/Jan- MPR 11:30pm-12:20 pm
<b>Zumba@ II</b> Andrea-MPR 4:30pm-5:25pm	<b>Group Strength</b> Patti-Balfour 4:35pm-5:25pm	<b>Cardio Complete</b> Jacque-MPR 4:30pm-5:25pm	<b>Group Strength</b> Patti-Balfour 4:35pm-5:25pm	<b>Dance Fusion II</b> Jan-MPR 4:30pm-5:25pm	<b>Yoga Body Boot Camp</b> Cassie-MPR 12:25pm- 1:10pm
<b>Power Qigong</b> Bonnie-Balfour 4:30pm-5:25pm	<b>HIIT</b> Chantel-MPR 4:45pm-5:30pm	<b>Family Fitness</b> Avin-Balfour 4:00pm-4:30pm	<b>Zumba@ II WOMAN'S ONLY</b> Kim-MPR 4:35pm-5:25pm		<b>Yoga</b> Cassie-MPR 1:15pm- 2:00pm
<b>Cardio Complete</b> Jacque-MPR 5:30pm-6:25pm	<b>The First Step</b> Michele-Balfour 5:30pm-6:15pm	<b>Yoga</b> Avin-Balfour 4:35pm-5:25pm		<b>Group Fitness Schedule</b> <b>January 4th-June 6th</b> <b>2016</b> 	
<b>Group Strength</b> Mary N-Balfour 5:35pm-6:25pm	<b>20-20-20</b> Sylwia-MPR 5:40pm-6:30pm	<b>Basic Step &amp; Toning</b> Becky M-MPR 5:30pm-6:25pm	<b>Power cut</b> Valerie-MPR 5:30pm-6:25pm		
<b>Zumba@ II WOMAN'S ONLY</b> Amy-MPR 6:30pm-7:25pm	<b>Belly Dance</b> Rhoda-Balfour 6:30pm-7:25pm	<b>Barre Bliss</b> Avin-Balfour 5:30pm-6:15pm			
	<b>Power Cut</b> Sylwia-MPR 6:35pm-7:30pm		<b>Yoga</b> Lindsey-Balfour 6:30pm-7:25pm		
<b>Cycle</b> Tamsin-Cycle Studio 6:30pm-7:15pm	<b>Intro to Cycle</b> Dana-Cycle Studio 6:30pm-7:00pm	<b>Cycle</b> Lanse-Cycle Studio 6:30pm-7:15pm	<b>Cycle</b> Dana-Cycle Studio 6:30pm-7:15pm		
<b>Aqua Dance</b> Jan-Pool 6:30pm-7:15pm	<b>Aqua HIIT</b> Sylwia-Pool 7:45pm-8:15pm	<b>Raging Water &amp; Stretch</b> Avin-Current Pool 6:45pm- 7:15pm			

**Group Fitness Schedule**  
**January 4th-June 6th**  
**2016**



Questions or comments regarding the Group Fitness classes  
Please Contact Pennie Eisenbeis 507-287-2260-ex1042 or email at [pennie@rockfamily.org](mailto:pennie@rockfamily.org)