

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

Monday Dec 21st	Tuesday Dec 22nd	Wednesday Dec 23rd	Thursday Dec 24th	Friday Dec 25th	
Group Strength Patti-MPR 5:45am-6:30am	Cycle Jessica W- CycleStudio 5:45am-6:40 am	Cardio Mix Patti-MPR 5:45am-6:30am			<h1>CHRISTMAS DAY</h1> <h1>NO CLASSES</h1>
Silver Sneakers@ Classic Linda G- Balfour 8:05am-9:00am	Silver Sneakers@ Circuit Lisa N-Balfour 8:05am-9:00am	Silver Sneakers@ Circuit Lisa N-Balfour 8:05am-9:00am	Silver Sneakers@ Circuit Lisa N-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		
Zumba@ II Mirna-MPR 9:15am-10:10 am	TurboKick@ Becky D-MPR 9:15am-10:10am	Zumba@ II Amy-MPR 9:30am-10:30 am	Zumba@ II Tamsin-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			
Enhance@Fitness Jessica W-Small Group Studio 9:30am-10:30am	Belly Dance Rhoda-Balfour 10:15am-11:00am	Enhance@ Fitness Lisa N-Small Group Studio 9:30am-10:30am			
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 Tamsin- MPR 10:15am-11:10am		
Pilates Challenge Maureen-MPR 10:15am-10:45am	PIYo Strength@ Becky D.-Cycle studio 10:25am-11:15am		Silver Sneakers@ Classic Paula-Balfour 10:35am-11:30am		
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	Yoga Patricia-MPR 11:15am-12:05pm		
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		
Yoga Maureen-MPR 11:25am-12:10pm	Tai Chi Patrick-Balfour 12:10pm-12:55pm	Yoga Patricia-Balfour 11:35am-12:25pm			
Cycle Pennie- Cycle Studio 12:15pm-12:55pm	Power Cut Pennie-MPR 12:15pm-12:55pm				
Enhance@ Fitness Lisa -Balfour 12:30pm-1:25pm		Enhance@ Fitness Patricia-Balfour 12:30pm-1:25pm	<h1>CHRISTMAS EVE</h1> <h1>NO CLASSES</h1>		
Deance Fusion II Jan-MPR 4:30pm-5:25pm	Family rebounding Chantel-MPR 4:30pm-4:55 pm	Cardio Complete Jacque -MPR 4:30pm-5:25pm			
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	Group Strength Patti- Balfour 4:35pm-5:25 pm	Family Fitness Avin-Balfour 4:00pm-4:30pm			
Cardio Complete Jacque-MPR 5:30pm-6:25pm	HIIT Chantel-MPR 5:00pm-5:45 pm	Yoga Avin-Balfour 4:35pm-5:25pm			
Pilates Challenge Grace-Balfour 5:30pm-6:00pm	Gentle Cardio Dana-Balfour 5:35pm-6:20pm				
PIYo Strength@ Grace-Balfour 6:05pm-6:35pm	20-20-20 Sylvia-MPR 5:50pm-6:30pm	Barre Bliss Avin-Balfour 5:30pm-6:15pm			
Zumba@ II WOMAN'S ONLY Amy-MPR 6:30pm-7:25pm	Power Cut Sylvia-MPR 6:30pm-7:25pm	Basic Step & Toning Becky M.-MPR 6:35pm-7:25pm			
Cycle Dana -Cycle Studio 6:30pm-7:15pm	Belly Dance Grace-Balfour 6:30pm-7:25pm	Cycle Lanse -Cycle Studio 6:30pm-7:15pm			
Water works Tim - Pool 6:45pm-7:30pm		Raging Water & Stretch Avin- Current Pool 6:45pm- 7:15 pm			

KEY

- MPR**
- Balfour**
- Aquatics**
- 3rd floor Cycle Studio**
- Small Group Studio**

Saturday Dec 26th

- Cardio Complete**
Jacque-MPR
8:30am-9:25 am
- Group Strength**
Jacque- MPR
9:30am-10:25am
- Sunrise Yoga**
Colette-MPR
10:30am-12:00am
- Cycle**
Lanse-Cycle Studio
10:30pm-11:15am

Sunday Dec 27th

- Group Strength**
Jacque- MPR
11:30pm-12:20 pm
- Yoga**
Stacy- MPR
12:30pm- 1:25 pm

Group Fitness Schedule
2015 December
21st - 27th
Merry Christmas!

Questions or comments regarding the Group Fitness classes
Please Contact Pennie Eisenbeis 507-287-2260-ex1042 or email at pennie@rochfamily.org