



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 Dec 28th	Tuesday Dec 29th	Wednesday Dec 30th	Thursday Dec 31st	Friday Jan 1st	KEY
Group Strength Patti-MPR 5:45am-6:30am		Cardio Mix Patti-MPR 5:45am-6:30am		COMMUNITY OPEN HOUSE Members, Family, Friends! Classes 10:00am-1:00pm	MPR
		Silver Sneakers@ Classic Linda G- Balfour 8:05am-9:00am	Silver Sneakers@ Circuit Lisa N-Balfour 8:05am-9:00am		Balfour
Water Works Sylwia- 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		Aquatics
Zumba@ II Mirna-MPR 9:15am-10:10 am	TurboKick@ Becky D-MPR 9:15am-10:10am	Zumba@ II Amy-MPR 9:30am-10:25 am	Zumba@ II Tamsin-MPR 9:15am-10:10 am		3rd floor Cycle Studio
Group Strength Pennie-Balfour 9:15am-10:10am	Pilates Pennie-Balfour 9:15am-10:10am	Group Strength Chantel-Balfour 9:15am-10:10am	Group Strength Becky M-Balfour 9:15am-10:10am	Zumba@ II Tamsin-MPR 10:00am-10:55 am	Saturday Jan 2nd
		Enhance@ Fitness Lisa -Small Group Studio 9:30am-10:30am		Family Fitness 10:00-10:25 Family Dance & Drum 10:55 am Avin -Balfour	Water Yoga Lindsey- Pool 8:30am-9:25am
Hard CORE Challenge Pennie-Balfour 10:15am-10:30am	Power Cut Pennie-MPR 10:15am-11:10am	Hard CORE Challenge Chantel - Balfour 10:15am-10:30am	Power Cut Tamsin- MPR 10:15am-11:10am	Barre Bliss Jacque -MPR 11:05am-11:50am	Cardio Complete Jacque- MPR 8:30am-9:25 am
Barre Bliss Avin-MPR 10:15am-11:00am	PIYo Strength@ Becky D-Cycle studio 10:25am-11:15am	Power Cut Valerie MPR 10:30am-11:10am	Zumba@ I Kim-Balfour 11:35am-12:20pm	Kettle bells Tim -Cycle Studio 11:00am-11:30pm	Group Strength Jacque- MPR 9:30am-10:25am
	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	Kids Story time Becky M-Balfour 11:00am - 11:25am	Sunrise Yoga Colette-MPR 10:30am-12:00pm
Yoga Avin-MPR 11:15am-12:10pm				Family Yoga Lindsey-Balfour 11:30am - 12:10am	Cycle Lanse-Cycle Studio 10:30pm-11:15am
		Yoga Patricia-Balfour 11:35am-12:25pm		Zumba@ II Kim-MPR 12:00pm-1:00 pm	Sunday Jan 3rd
Cycle Pennie- Cycle Studio 12:15pm-12:55pm				Group Strength Jan-Balfour 12:15pm - 1:00pm	Group Strength Jan- MPR 11:30pm-12:20 pm
Enhance@ Fitness Patricia -Balfour 12:30pm-1:25pm		Enhance@ Fitness Lisa-Balfour 12:30pm-1:25pm			Yoga Stacy- MPR 12:30pm- 1:25 pm
	Family rebounding Chantel-MPR 4:30pm-4:55 pm	Cardio Complete Jacque -MPR 4:30pm-5:25pm		 Group Fitness Schedule December 28th,2015 through January 3rd, 2016 HAPPY NEW YEAR!	
Power Qigong Bonnie-Balfour 4:30pm-5:25pm	HIIT Chantel-MPR 5:00pm-5.45 pm	Family Fitness Avin-Balfour 4:00pm-4:30pm			
Cardio Complete Jacque-MPR 5:30pm-6:25pm	20-20-20 MPR 5:50pm-6:30pm	Yoga Avin-Balfour 4:35pm-5:25pm			
Pilates Challenge Grace-Balfour 5:30pm-6:00pm	Power Cut Sylwia-MPR 6:30pm-7:25pm	Dance Fusion II Jan -MPR 5:30pm-6:25pm			
PIYo Strength@ Grace-Balfour 6:05pm-6:35pm	CELEBRATION! An event for those who make more possible. Balfour Hall 4:30- 6:00pm	Barre Bliss Avin-Balfour 5:30pm-6:15pm			
Zumba@ II WOMAN'S ONLY Amy-MPR 6:30pm-7:25pm		Basic Step & Toning Becky M-MPR 6:35pm-7:25pm			
Cycle Valerie -Cycle Studio 6:30pm-7.15pm		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			

**NEW YEARS EVE
NO CLASSES**

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