

March Boot Camp Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	BLUE/BLACK Amanda	BLUE/BLACK Beau	30 Minute BLUE/BLACK Kim	BLUE/BLACK Beau	30 Minute BLUE/BLACK Trevor	
5:30 AM			30 Minute WHITE Trevor		30 Minute WHITE Trevor	
6:00 AM	YELLOW/RED Kim	30 Minute YELLOW/RED Trevor	YELLOW/RED Kim	30 Minute YELLOW/RED Kim	YELLOW/RED Kim	
8:00 AM						YELLOW/RED TBD
9:00 AM						WHITE TBD
10:00 AM						Family Boot Camp March 4 th & 11 th
NOON	BLUE/BLACK Kim	30 Minute BLUE/BLACK Trevor	BLUE/BLACK Kim	30 Minute BLUE/BLACK Kristen	BLUE/BLACK Kim	
4:00 PM	YELLOW/RED Trevor	YELLOW/RED Shawn	YELLOW/RED Trevor	YELLOW/RED Shawn		
5:00 PM	30 Minute BLUE/BLACK Trevor	30 Minute BLUE/BLACK Shawn	30 Minute BLUE/BLACK Trevor	30 Minute BLUE/BLACK Kristen		
5:30 PM	30 Minute BLUE/BLACK Trevor	30 Minute BLUE/BLACK Shawn	30 Minute BLUE/BLACK Shawn	30 Minute BLUE/BLACK Kristen		
6:00 PM	30 Minute YELLOW/RED Kristen	30 Minute WHITE Trevor	30 Minute YELLOW/RED Trevor	30 Min YELLOW/RED Trevor		
6:30 PM	30 Minute WHITE Kristen	30 Minute YELLOW/RED Shawn	30 Minute WHITE Trevor	30 Minute YELLOW/RED Shawn		

SEMINAR SCHEDULE MARCH 2017

Machine Demonstration w/Trevor

March 9th & 23rd @ 6:30pm

Breaking Barriers w/ Britta & Katie

Keeping the Balance:

Indulging on occasion without sabotaging your efforts.

March 21st @ 5:30pm

Balance During Seasonal Changes w/ Valerie, RN, CNP

Learn why changing seasons may throw our lives out of balance. Learn lifestyle tips to ride the change successfully.

March 16th @ 5:30pm

Plateau Management w/Chris

March 23rd @ 5pm

REJUV MEDICAL LEVELS OF FITNESS

WHITE: BEGINNER

YELLOW/RED: INTERMEDIATE

BLACK/BLUE: ADVANCED

Child Care Hours:

Mon-Thur 8am-8pm

Fri 8am-7:00pm

Saturday 8am-12pm

Saturday reservations are required by 7pm Friday!

Any questions call:

320-217-8480

901 3rd Street N, Waite Park MN 56387

Fitness Center Hours:

Monday – Thursday: 5:00 AM – 9:00 PM Friday: 5:00 AM – 7:30 PM Saturday: 6:00 AM – 5:00 PM Sunday: 7:00AM – 4:00PM

March Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Infrared Balance & Stretch Trevor	Barre Kristen	Grounded Flow Yoga Tara	Barre Kristen	Infrared Balance & Stretch Trevor	
7:00 AM		Indoor Cycle Katie		Indoor Cycle Katie		
8:30 AM					Yoga Tara	
9:00 AM	Body Fusion Riika	Power Circuit Amanda		Cardio Dance Kristen		Studio Surprise
10:00 AM	Step Riika	Kick – N - Core Mandy	Indoor Cycle Lori	Indoor Cycle (60 minute) Lori		Studio Surprise
				Core & More (60 minute) Kristen		
11:00 AM	Strong & Balanced Mandy	Core & More Trevor	Strong & Balanced Mandy			
4:00 PM	Total Body Power Kristen	Tabata Kylie	Barre Kristen	Tabata Kylie		
5:00 PM	Hot Power Yoga Sarah	Warm Gentle Yoga Sarah	Yoga Sculpt Sarah	Tabata Fusion Kylie		
6:00 PM	Indoor Cycle Katie	Tabata Kylie	Cardio Dance (60 minute) Kristen	Total Body Power Kristen		
			Indoor Cycle (60 minute) Katie			
7:00 PM	Indoor Cycle Katie			Vinyasa Flow Tara		

BARRE - Low-impact fitness class utilizing the Barre as a tool for repetitions of small movements with emphasis on proper form, postural alignment, and core engagement.

BODY FUSION- This class will ensure there is never a repeat in workouts and is done by integrating workouts such as kickboxing, strength training, cycle, cardio, and more. Class ends by focusing on the emotional wellbeing through a short meditation session.

CARDIO DANCE - Heart racing, sweat dripping cardio class. Learn dance choreography and isolations mixed with muscle-toning moves to a variety of music.

CORE & MORE - A boot camp style class with a strong focus on your core! This class involves training the muscles in your pelvis, lower back, hips and abdomen to work in harmony.

GROUND FLOW – A rooted pace provides opportunity for introspection and breath awareness while allowing the practice to be where you are now. Steady postures approached mindfully for a deeply connected experience.

HOLY YOGA FLOW- A revitalizing and intentional practice of connecting mind, body and spirit through breath, movement, and meditation. Classes for all levels of yoga to deepen and extend their practice with focus on relationship with God and the community around you.

INFRARED BALANCE & STRETCH – Check your muscles in to rehab! An opportunity to check your body for imbalances and focus on maintenance and recovery.

KICK – N – CORE – Kick up your cardio – Improve your strength & endurance with kickboxing combinations paired with a kickin’ core workout.

STEP – Increase your cardiovascular, strengthen your lower body and increase coordination in this new fun studio class.

TABATA – Interval workout that will take you to a higher level of fitness, help you burn calories and build endurance.

TABATA FUSION – Warm class focusing on mobility, stability and core. (No cardio!)

TOTAL BODY POWER- A full body, endurance type workout mixing cardio and strength while using minimal equipment.

WARM GENTLE YOGA – A class structured around rejuvenating and healing the body. This class is held at a slower pace and focuses on stretching all areas of the body, while releasing stress and tension from joints and muscles.

YOGA SCULPT – This is a total body workout designed to tone and sculpt every major muscle group.

Free weights are added creating resistance and intensifying each pose.

VINYASA FLOW – “Vinyasa” meaning “to place in a special way” is a style of yoga that will challenge, inspire, and empower you. Expect to work hard, build strength, and flexibility.

Saturday Studio Schedule:

3/4 – 9:00am Barre
 3/11 – 9:00am Tabata
 3/18 – 9:00am Kick-N-Core
 3/25 - 9:00am Indoor Cycle

10:00am Cardio Dance - **Kristen**
 10:00am Tabata Fusion - **Kylie**
 10:00am Strong & Balanced - **Mandy**
 10:00am Indoor Cycle - **Katie**

Sunday Studio Schedule:

Holy Yoga Flow – **Sarah**
 March 5th & 19th @ 1:00pm

Yin Yoga – **Kristen**
 March 26th @ 10am