

# April 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 Trevor	YELLOW/RED Kim	
8:00 AM						YELLOW/RED TBD
9:00 AM						WHITE TBD
10:00 AM						Family Boot Camp April 8 <sup>th</sup> & 22 <sup>nd</sup>
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	YELLOW/RED Kevin	
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 APRIL 2017\*

### Non-Surgical Facelifts w/ Nicole

April 11<sup>th</sup> @ 5:30pm

### Machine Demonstration w/Trevor

April 13<sup>th</sup> & 20<sup>th</sup> @ 6:30pm

### Breaking Barriers w/ Britta & Katie

#### Gut Health:

A properly functioning digestive system is vital to good health!

April 18<sup>th</sup> @ 5:30pm

## 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 3<sup>rd</sup> 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

# April Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Infrared Balance & Stretch <b>Trevor</b>	Barre <b>Kristen</b>		Barre <b>Kristen</b>	Infrared Balance & Stretch <b>Trevor</b>	
7:00 AM		Indoor Cycle <b>Katie</b>	Grounded Flow Yoga <b>Tara</b>	Indoor Cycle <b>Katie</b>		
8:30 AM					Yoga <b>Tara</b>	
9:00 AM	Body Fusion <b>Riika</b>	Power Circuit <b>Amanda</b>		Cardio Dance <b>Kristen</b>		Studio Surprise
10:00 AM	Indoor Cycle <b>Lori</b>		Indoor Cycle <b>Lori</b>	Core & More <b>Kristen</b>		Studio Surprise
11:00 AM	Strong & Balanced <b>Mandy</b>	Core & More <b>Trevor</b>	Strong & Balanced <b>Mandy</b>			
2:00 PM	Yin Yoga <b>Kristen</b>					
4:00 PM	Total Body Power <b>Kristen</b>	Tabata <b>Kylie</b>	Barre <b>Kristen</b>	Tabata <b>Kylie</b>		
5:00 PM	Hot Power Yoga <b>Sarah</b>	Warm Gentle Yoga <b>Sarah</b>	Core & More <b>Kristen</b>	Tabata Fusion <b>Kylie</b>		
6:00 PM	Indoor Cycle <b>Katie</b>	Kick-N-Core <b>Mandy</b>	Cardio Dance (60 minute) <b>Kristen</b>	Total Body Power <b>Kristen</b>		
			Indoor Cycle (60 minute) <b>Katie</b>			
7:00 PM	Indoor Cycle <b>Katie</b>			Vinyasa Flow <b>Tara</b>		

**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.

**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:

4/1 – 9:00am Tabata  
4/8 – 9:00am Barre  
4/15 – 9:00am Indoor Cycle  
4/22 - 9:00am Hot Yoga  
4/29– 9:00am Kick –N-Core

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

## Sunday Studio Schedule:

Holy Yoga Flow – **Sarah**  
April 9<sup>th</sup> & 23<sup>rd</sup> @ 1:00pm

Yin Yoga – **Kristen**  
April 30<sup>th</sup> @10am